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Savor a World of Authentic Cuisine



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Seafood Pasta
See page 71

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THE SEAFOOD ISSUE

Come aboard as we cast off in search of the world's finest seafood: sumptuous lobster pot pie from the North Atlantic islands of Saint-Pierre and Miquelon (page 40); clam-and-shrimp-packed risotto from the Oregon coast (page 64); Croatia's rustic fish stew (page 52); Cantonese steamed sea bass fragrant with ginger and garlic (page 78); and so much more. Plus, guides to buying the best fish and cooking tips and techniques from the pros. The voyage starts on page 38.

Above: clam risotto with grilled shrimp from Ocean Bleu @ Gino's in Newport, Oregon (see page 80 for recipe).

Cover Seafood Pasta (see "Catch of the Day: Bucatini ai Frutti di Mare," page 71) PHOTOGRAPH BY ANDRE BARANOWSKI

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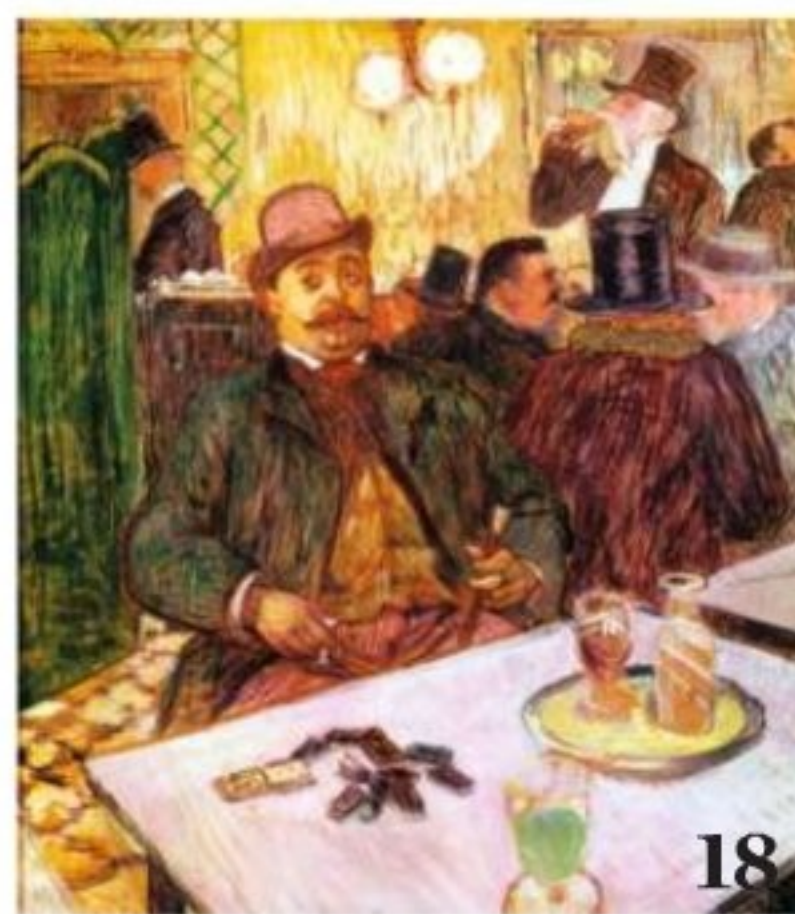
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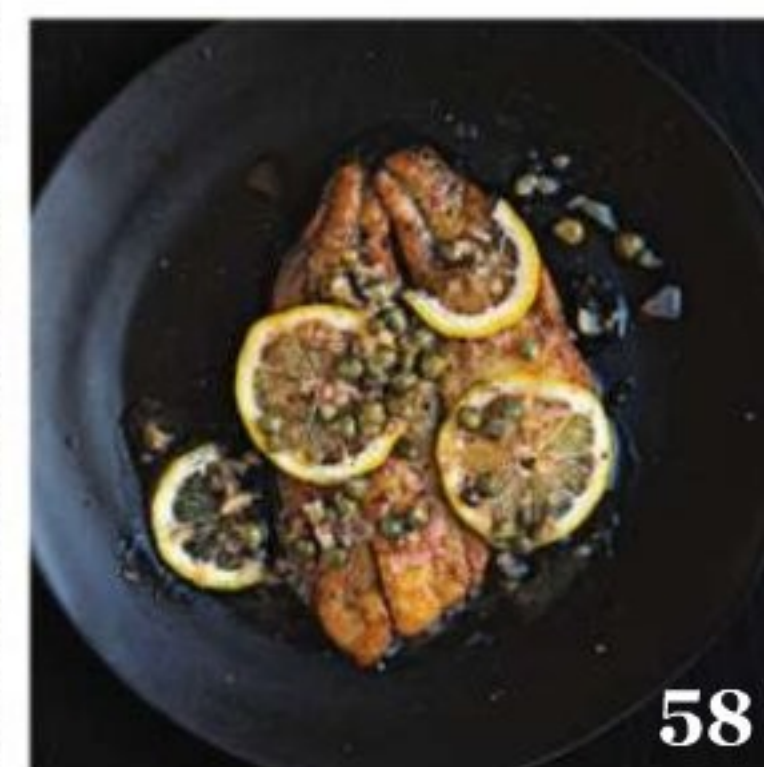
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CLOCKWISE FROM TOP LEFT: PENNY DE LOS SANTOS (1, 4); ANDRE BARANOWSKI (2, 8); INGALLS PHOTOGRAPHY (3, 5, 7); COREY ARNOLD

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First



For Love of Fish

Caring for the ocean and cooking seafood go swimmingly together

There is a photograph I keep on my wall. It is of me at age 19 in scuba gear, standing beside the Red Sea after a dive. It's a reminder of my favorite place to be: beneath the water, where I've often returned since I first sank into the teeming Hawaiian blue at age 14. I'm lucky to have harvested urchins from California's kelp beds, trailed turtles on the Great Barrier Reef, and spied on eels off the coast of Costa Rica.

Yet I feel my luck running out. The abundance I saw 36 years ago isn't what I see when I dive today. Fisheries are in trouble. In this context, how can *SAVEUR* dedicate an issue to seafood? I'd argue, how can we not?

As science writer Erik Vance puts it, "...if everyone who cared about the oceans stopped eating fish, the only people eating fish would be people who don't care about the oceans." I care ardently about the oceans. I also love seafood. Like the writers in this issue, I've feasted on lobsters in the North Atlantic (page 40), langoustines in Croatia (page 52), and wild salmon in Oregon (page 64). Back home, at my local Whole Foods, where the fish comes from ocean-friendly sources, I pick up soft-shelled clams and Atlantic mackerel to cook.

Recently, chef Mary Sue Milliken reminded me that 70 percent of the seafood consumed in the U.S. is eaten in restaurants. That makes some sense; chefs know best how to choose and prepare fish. But we've included chefs' know-how in these pages—Milliken on sardines (page 30), Eric Ripert on filleting a fish (page 46), and much more—to encourage you, too, to cook seafood at home.

I believe that when we know how to select and steam a whole bass (page 78) or clean a crab and save the parts we'd otherwise discard for stock (page 67)—when we learn to bring out the delicious qualities of these foods—we come to care more about them. Just as we'd seek out the brightest farmers' market peas or the tastiest free-range chicken, we'll look to our fishmonger for the best fish. We'll want it wild, fresh-caught, as local as possible; we'll try new fish, ranging beyond cod and tuna to smaller, sustainable, tasty types like sardines. We'll take that mindset out to dinner, too.

And to what end? To save the ocean? Well, sure. Both for the fish and for those of us who really enjoy eating them.
—BETSY ANDREWS, Executive Editor

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LĀNA'I

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FARE

Fish and Festivities from the World of Food, Plus Agenda, and More



Agenda, The Art of the Meal, One Fish, Two Fish **16** Fab Flakes **18** Seeing Green **20** Pride of St. Augustine, Fish Reads **22**
Above, Brenda Fuller, a waitress at O'Steen's in St. Augustine, Florida. See story on page 22

CHELSEA POMALES



FOOD FOR THOUGHT

"Obviously, if you don't love life, you can't enjoy an oyster."

—ELEANOR CLARK, *THE OYSTERS OF LOC MARIAQUER*, 1959

AGENDA

April 2014
Seafood Edition

1 ANNIVERSARY Dial-A-Fish

1970, AUSTRALIA
For April Fool's Day, the Australian nightly news program *This Day Tonight* ran a segment about a fake invention known as the Dial-O-Fish, a fishing rod that could be set to catch any desired species. Hundreds of viewers took the bait and called in wanting to know where they could buy one.

11–13

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More than 10,000 pounds of crawfish are boiled, barbecued, and étoufféed at this shindig, where fans of the crustacean compete in an eating contest and two-step to zydeco.
Info: downtowncrawfest.com



12–13

Fête de la Coquille Saint-Jacques

(Sea Scallop Festival)
ERQUY, FRANCE
This busy fishing port marks the end of scallop season with a bang. Sample scallops dozens of ways—including sautéed in garlic and butter, and poached in

(continued on page 22)



The Art of the Meal

I'd always associated the 19th-century French painter Henri de Toulouse-Lautrec with cancan dancers and ladies of the night, two of his favorite subjects. But in 2010, when I was living in Toulouse, France, I stumbled upon a cookbook he'd written. Entitled *L'art de la Cuisine*, the book, published posthumously by his friend Maurice Joyant, is filled with bizarre recipes, illustrated menus, and Lautrec's own sketches. As I pored over it, I realized that Lautrec was also passionate about

strong cocktails, extravagant meals, and, perhaps most of all, the element of surprise.

In his atelier on rue Caulaincourt in Montmartre, Lautrec cooked extraordinary feasts, often coupling the meal with some crazy antic. Once, after having seen a man boxing a kangaroo, he was inspired to prepare the exotic marsupial for his friends. When he

Sole with mushrooms and shellfish and an earthquake cocktail. See page 18 for recipes.

One Fish, Two Fish

When is a fish not a fish? When it's one of these piscine treats. Fish were an early Christian symbol (*ichthus*, Greek for fish, is an acronym for "Jesus Christ, God's Son, Savior"), and 1 fish-shaped breads remain an Easter tradition across Europe. 2 Goldfish crackers came to the U.S. from Switzerland in 1962. Of all the gummy fish in the sea, we're partial to 3 Vidal's raspberry sharks and 4 Haribo's lemon clown fish. 5 Marshmallow-filled Cadbury chocolate fish are a New Zealand mainstay. 6 Japanese *taiyaki* pancakes symbolize happiness. In France on April 1, paper fish are taped to people's backs. Chocolatier Jacques Torres makes a 7 chocolate *poisson d'Avril* for the pranked. Italian bakers craft 8 langoustines and 9 octopuses from marzipan. 10 Wadden black licorice fish are a classic Dutch treat. 11 Cluizel milk chocolate sardines come in a faux tin. 12 Malaco's lingonberry Swedish Fish honor Sweden's herring industry. —Cecilia Busick and Allie Wist



Kitchen by award-winning designer Matthew Patrick Smyth. Design pieces from his personal collection.



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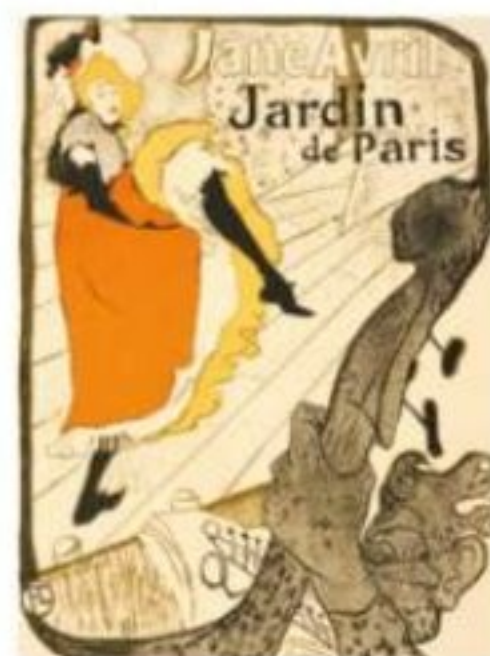
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Clockwise from top left: the Toulouse-Lautrec painting *Monsieur Boileau at the Café* (1893); a poster of cancan dancers; Toulouse-Lautrec; a café concert poster.

couldn't find kangaroo in Paris, he had his butcher sew a pouch onto a sheep. Another time, after an expansive dinner, he told guests he would be taking them out for dessert. That "dessert" turned out to be a feast for the eyes only—a viewing of paintings by Degas. Frequently, Lautrec would dress up as a samurai or flamenco dancer for his dinners.

Sans costumes, and pouches, I decided to try out a couple of Lautrec's recipes on some friends. I opted for his *sole au vin blanc*, pan-seared flatfish simmered in a white wine and butter sauce and served with mushrooms, shrimp, cockles, and mussels. To accompany it, I made Lautrec's most notorious cocktail, a concoction of absinthe and cognac he called the *tremblement de terre*, the earthquake.

Scary-strong cocktail in hand and meal plated, all that was missing was that element of surprise. I achieved it with another Lautrec move—putting goldfish in glass pitchers on the dinner table. The message: *Don't even think about drinking water tonight*. Now, can I get you another cocktail? —Kelli Billstein

Sole au Vin Blanc

(Sole with Mushrooms and Shellfish)

SERVES 2

This shellfish-sauced dish (pictured on page 16) is adapted from artist Henri de Toulouse-Lautrec's *The Art of Cuisine* (Henry Holt and Company, 1966). Toulouse-Lautrec used Dover sole, but any fillet—tilapia, turbot, or even salmon—will work.

- 8 tbsp. unsalted butter
- 3 tbsp. bread crumbs
- 1 tbsp. minced parsley
- 2 6-oz. skinless fillets Dover or grey sole
- Kosher salt and freshly ground black pepper, to taste
- 4 oz. white button mushrooms, sliced
- ¼ cup dry white wine
- 6 oz. small shrimp, peeled and deveined, tails removed
- 8 cockles or littleneck clams, scrubbed
- 8 mussels, scrubbed

Melt 1 tbsp. butter in a 12" skillet over medium heat; cook bread crumbs until golden, 1–2 minutes. Transfer to a bowl; stir in parsley. Add 3 tbsp. butter to skillet; melt over medium-high heat. Season sole with salt and pepper; cook, flipping once, until cooked through, 4–6 minutes; transfer to 2 plates and keep warm. Add remaining butter and the mushrooms to skillet; cook until golden, 5–7 minutes. Add wine, shrimp, cockles, mussels, salt, and pepper; cook, covered, until shells open, 2–4 minutes. Spoon mixture over sole; garnish with reserved bread crumb mixture.

Tremblement de Terre

(The Earthquake)

MAKES 1 COCKTAIL

This intense potion (pictured on page 16) is adapted from one served at parties by the French artist Henri de Toulouse-Lautrec. To make it, stir 2½ oz. cognac and ¼ oz. absinthe in a cocktail shaker filled with ice. Strain into a chilled cocktail glass; garnish with a lemon twist.

Fab Flakes *Furikake*, one of my favorite condiments, looks a lot like fish food—and, in a sense, that's what it is. This umami-packed Japanese pantry staple is made from *katsuobushi*—skipjack tuna that's been smoke-dried and cured to deepen its flavor, then thinly shaved. The featherlight flakes of fish are combined with toasted sesame seeds and shredded nori, which give the resulting mixture a roasty, rounded crunch. I love to eat it on rice, as is traditional in Japan, but it's also wonderful sprinkled over buttered pasta, scrambled eggs, or any other dish that wants its savory oomph. —Karen Shimizu



CLOCKWISE FROM TOP LEFT: GETTY IMAGES/THE BRIDGEMAN ART LIBRARY; GETTY IMAGES/FOTOTECA STORICA NAZIONALE; GETTY IMAGES/THE BRIDGEMAN ART LIBRARY; GETTY IMAGES/FOTOTECA STORICA NAZIONALE; INGALLS PHOTOGRAPHY (FURIKAKE)

Why should the kids get all the Easter treats?



Philadelphia® Double-Lemon Cheesecake Bars

Prep Time: 35 min. | Total Time: 7 hrs. 15 min. incl. refrigerating | Makes: 16 servings

- 2 cups vanilla wafer crumbs
- 3 Tbsp. butter, melted
- 4 pkg. (8 oz. each) Philadelphia® Cream Cheese, softened
- 1 3/4 cups sugar, divided
- 3 Tbsp. flour

- 1 Tbsp. lemon zest
- 1/3 cup lemon juice, divided
- 1/2 tsp. vanilla
- 4 eggs, 1 separated
- 2 Tbsp. cornstarch
- 1/2 cup water

HEAT oven to 325°F and line a 13x9-inch pan with foil. Mix wafer crumbs and butter; press onto bottom of pan. Bake 10 min.

BEAT cream cheese, 1 cup sugar, flour, lemon zest, 2 Tbsp. lemon juice and vanilla with mixer until blended.

ADD 1 egg white and remaining 3 whole eggs, beating after each just until blended. (Reserve yolk for later use.)

POUR batter over crust. Bake 40 min. or until center is almost set. Cool 1 hour. Refrigerate 4 hours.

MIX cornstarch and remaining sugar in saucepan; gradually stir in water and remaining lemon juice. Bring just to boil, stirring constantly; cook and stir until clear and thickened. Lightly beat reserved egg yolk until blended; stir in 2 Tbsp. hot cornstarch mixture. Return to remaining cornstarch mixture in saucepan; cook and stir 1 min. or until thickened. Cool.

SPOON glaze over cheesecake. Refrigerate 1 hour. Use foil handles to remove cheesecake from pan before cutting to serve.



FOOD FOR THOUGHT

“I cannot see her tonight. / I have to give her up / So I will eat fugu.”

— UNTITLED HAIKU, YOSA NO BUSON, JAPAN, 18TH CENTURY



SEEING GREEN

In Germany, where I grew up, the Thursday before Easter is known as *Gründonnerstag*, or Green Thursday. The holiday, which commemorates Christ's Last Supper, dates back to the Middle Ages, when parishioners were given a green branch to signify completion of Lenten duties. Over time the “green” has also come to signal the arrival of spring, with its profusion of fresh herbs and vegetables, which are cooked into such holiday dishes as *kerbelsuppe*, a delicate chervil soup, and *spinatköpfli*, a green variation of spätzle made with spinach and drizzled with brown butter. Though I now live in the U.S., I still observe *Gründonnerstag* each year, using fresh sorrel from my garden to make a tangy sauce that I serve over baked trout. It's my way of putting both Lenten fish and spring herbs together on one very verdant plate. (For recipes, see SAVEUR.COM/GREENTHURSDAY) —Nadia Hassani

Green Thursday dishes, clockwise from top left: chervil soup, potatoes with quark and chives, spinach spätzle, and trout with sorrel sauce.

INGALLS PHOTOGRAPHY

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(continued from page 16)
cider—at restaurants in town or snag Saint-Jacques kebabs and hop on a boat to help bring in the spring's final haul. *Info: erquy-tourisme.com*

11–12

Fiesta Oyster Bake

SAN ANTONIO, TEXAS

In 1916, alumni of St. Mary's University held a casual gathering on the banks of the San Antonio River. Ninety-eight years later, that

get-together is a massive oyster bake where visitors can savor big, briny Gulf oysters served in a shot glass with hot sauce or roasted in-shell. *Info: oysterbake.com*

12

BIRTHDAY

Earl Robert Kinney

1917, BURNHAM, MAINE

The man who popularized frozen fish sticks got his start canning crabs in his apartment, an endeavor that grew into a \$2 million business. Kinney later worked for seafood processor Gorton's of Gloucester, where, in the spring of 1953, he developed the first fish sticks—breaded, pre-cooked, bite-size cuts of cod and flounder—sold in supermarkets.

25–27

Sagra dei Garagoi

(Festival of the Sea Snails)

MAROTTA, ITALY

Denizens of Marotta celebrate their beloved local sea snails, simmering them in a sauce of tomatoes, wine, and herbs and serving them in the town square. Locals say that for every seven snails eaten, one must take a sip of wine, so getting tipsy is a given. *Info: marottamare.it*

PRIDE OF ST. AUGUSTINE

For most of my life, I satisfied my clam chowder cravings with two variations: New England and Manhattan. That all changed on a recent visit to O'Steen's Restaurant, in St. Augustine, Florida, where I was introduced to a third style, unique to the northeastern part of that state: Minorcan. O'Steen's isn't the only place that serves it, but I'd heard theirs was the best. I snagged a seat and placed my order. The tomato-based stew full of chopped clams and diced potatoes looked like a standard Manhattan chowder. But when I tasted it, I was overcome with a kick from the key ingredient, datil chiles, which permeated the innocuous looking soup. Their heat gave way to a citrusy flavor similar to that of a habanero chile, but more intense.

Datil chiles are unique to St. Augustine, where they're favored by the Minorcan population, whose ancestors, originally from the island of Minorca off the coast of Spain, came to Florida in the 18th century to work on British-held plantations. Fleeing harsh conditions, in 1776 they came to St. Augustine. Datils were likely brought to Florida from the West Indies, where similar varieties are found, but whatever their origins, the descendants of the Minorcans grabbed hold of them. Sitting at O'Steen's, I spooned up the fiery chowder, leaving both Manhattan and New England behind for hotter climes. —Keith Pandolfi



Minorcan clam chowder.

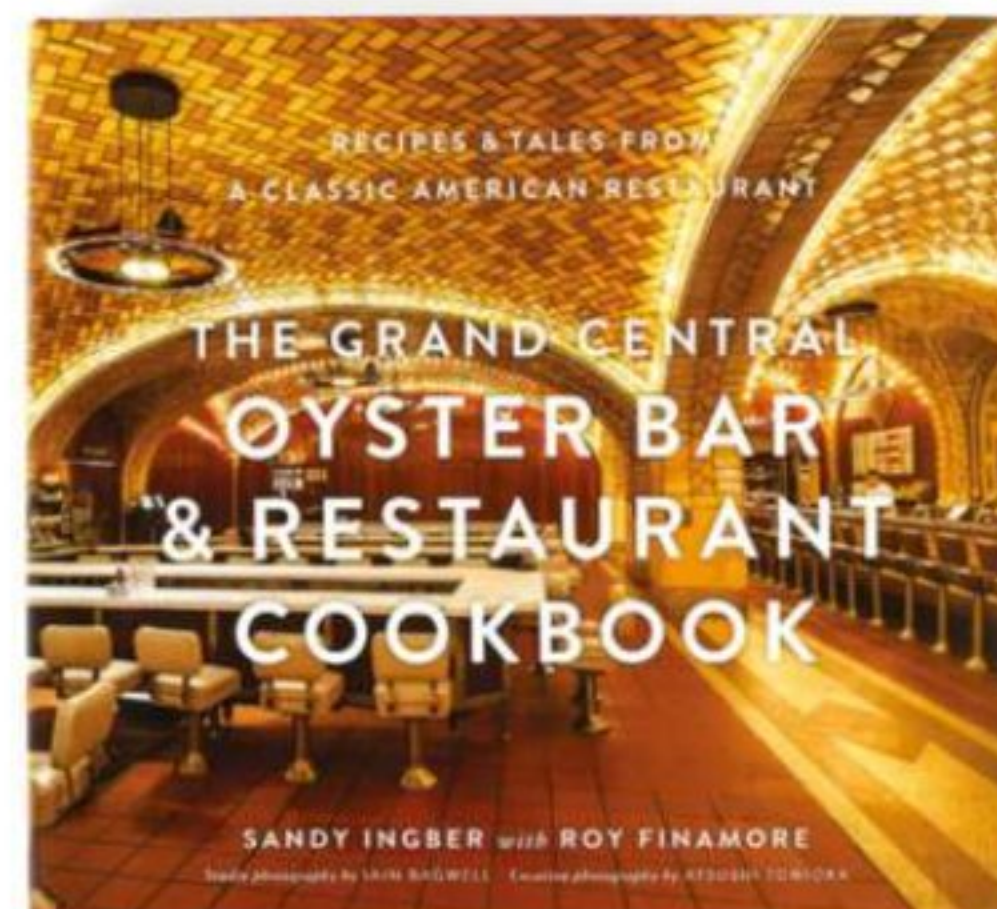
★ Minorcan Clam Chowder

SERVES 8

Datil chiles add heat and tang to this tomato-based clam chowder (pictured below), but habaneros, which have a similar aromatic flavor, are a good alternative.

- 1 cup clam juice
- 1½ lb. hardshell clams, such as littleneck or cherrystone
- 2 oz. salt pork, minced
- 1 tbsp. olive oil
- 2 tsp. minced thyme
- 1 tsp. dried basil
- ½ tsp. dried marjoram
- ½ tsp. dried oregano
- 3 cloves garlic, minced
- 1 bay leaf
- 1 datil (see page 86) or habanero chile, minced
- 1 green bell pepper, minced
- 1 large yellow onion, minced
- 3 plum tomatoes, chopped
- 1 28-oz. can whole peeled tomatoes, crushed by hand
- 3 cups homemade fish stock (see recipe, page 84) or store-bought
- 1 lb. waxy potatoes, peeled and cut into ½" pieces
- Kosher salt and freshly ground black pepper, to taste
- Crackers, for serving (optional)

Boil clam juice in a 6-qt. saucepan. Add clams; cook, covered, until shells open, 1–2 minutes. Transfer clams to a bowl and discard shells; reserve juices in another bowl. Add pork and oil to pan; cook over medium-high heat until crisp, about 3 minutes. Cook thyme, basil, oregano, garlic, bay leaf, datil chile, bell pepper, and onion until golden, 6–8 minutes. Add reserved juices, fresh and canned tomatoes, and stock; boil. Reduce to medium; add potatoes and cook until tender, 25–30 minutes. Stir in reserved clams, salt, and pepper. Serve with crackers, if you like.



BOOK REVIEW

Oysters for the Ages

New York has long maintained a special relationship with the oyster, the ingredient dearest to its collective heart. For that reason, the Oyster Bar in Grand Central Terminal occupies a special place. It is a living link to glory days when ordinary New Yorkers devoured oysters by the bushel at market stands and oyster cellars, and the well-to-do made their way to palatial restaurants for heaping seafood platters, oysters Rockefeller, and oyster pie. Even today, office workers, tourists, and commuters sit down together at the low-slung counters and feast on 30 or more varieties of fresh-shucked oysters or the restaurant's signature oyster roast—plump blue points adrift on a briny, paprika-flecked sea—and silky oyster stew. Both recipes are included in the wonderful *Grand Central Oyster Bar & Restaurant Cookbook* (Stewart, Tabori & Chang, \$35), along with about a hundred others that range from those storied classics to dishes like pasta e fagioli, made with sea scallops and basil oil, of more recent vintage. The book was written by the restaurant's executive chef Sandy Ingber with Roy Finamore and published last year to mark the Oyster Bar's hundredth year. There's no reason at all why it shouldn't carry on for another hundred. —William Grimes

IN THE SAVEUR LIBRARY



When we're cooking seafood, we return to certain cookbooks time and time again. We love James Beard's *New Fish Cookery* (Little, Brown, 1976) for its regional American recipes like shad roe soufflé and clam fritters, while *The New York Times Seafood Cookbook* (St. Martin's Press, 2003), edited by Florence Fabricant, gathers 250 inviting recipes from chefs and home cooks around the world. The encyclopedic *Fish and Shellfish* by James Peterson (William Morrow; 1996) and the vividly photographed Rick Stein's *Complete Seafood* (Ten Speed Press, 2004) offer indispensable cooking tips and techniques for all kinds of fish and shellfish. —Kellie Evans

THE PANTRY, page 86: *Info on visiting O'Steen's and buying fish-shaped foods, datil chiles, absinthe, and Japanese furikake.*

FROM LEFT: SKIP CAPLAN/ALAMY; INGALLS PHOTOGRAPHY; HELEN ROSNER (5)

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Classic

BY KEITH PANDOLFI

Photograph by Ingalls Photography

Special Sauce

Tangy, creamy shrimp rémoulade, though French in origin, has become a uniquely New Orleans tradition



I spent part of my late 20s living in New Orleans. And like most anyone who's lived in that city will tell you, it got inside of me, never let me go. Though I now reside in Brooklyn, on many a weekend you'll find me in my kitchen—Saints cap on my head, cold bottle of Abita beer in my hand—stirring a pot of chicken and andouille gumbo, or a batch of red beans and rice. But there was one New Orleans staple I'd never tackled at home—the Creole mustard-based appetizer known as shrimp rémoulade. Strange since I once loved the dish so much, devouring zesty forkfuls of it at New Orleans institutions like Arnaud's in the French Quarter, or the Upperline, where it is served on a bed of tart fried green tomatoes. Craving it on a particularly frigid day last winter, I started searching online for a recipe—a search that led me to a YouTube video of the late, great Warren Leruth.

Leruth was the chef-owner of LeRuth's, one of southern Louisiana's most celebrated restaurants in the late 1960s and '70s. In the video, he shyly whips up a batch of his red paprika-laced sauce, which he then pours over a carefully assembled pile of shrimp. Jotting down the ingredients, I headed to the market, determined to replicate it.

Like many New Orleans dishes, the origins of shrimp rémoulade are French. The word *rémoulade* is said to come from the French *rémola*, or black radish, perhaps because the mixture delivers the same kick

From top: LeRuth's red shrimp rémoulade; Galatoire's rémoulade blanc (see page 27 for recipes).



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Smoked Paprika-Rubbed Steak Fajitas

Prep: 15 min. | Makes 8 servings
Cook: 15 min.

1 tbsp. **McCormick Gourmet™ Smoked Paprika**
1 tsp. **McCormick Gourmet Garlic Powder**
1 tsp. **McCormick Gourmet Mediterranean Oregano Leaves**
1/2 tsp. salt
1/4 tsp. **McCormick Gourmet Coarse Grind Black Pepper**
1 1/4 lbs. boneless beef sirloin steak, 1 inch thick
2 tbsp. olive oil
1 tbsp. red wine vinegar
1 large onion, thinly sliced
2/3 cup pitted Spanish olives, quartered
8 (8-inch) flour tortillas, warmed
4 oz. crumbled feta cheese

MIX seasonings in large bowl. Place steak in foil-lined baking pan. Rub 1 tbsp. of the seasoning mixture onto both sides of steak. Stir oil and vinegar into remaining seasoning mixture. Add onions; toss to coat. Arrange around steak in pan.

BROIL steak 3 to 4 inches from heat for 15 minutes or until desired doneness, turning once and stirring onions. Let steak stand 5 minutes before slicing. Cut steak in half lengthwise and then into thin slices.

TOSS steak slices with onions, pan juices and olives. Serve in warmed tortillas. Sprinkle with feta cheese.



as a radish, though other theories abound. The tartar sauce—like white version that appears in the 1938 *Larousse Gastronomique* is made by “adding mustard, gherkins, capers, and chopped herbs to mayonnaise,” sometimes with anchovies mixed in at the end. In France it was, and still is, used as a dressing for julienned celery root. But all this is a far cry from Louisiana’s brick-red shrimp rémoulade.

According to *New Orleans Cuisine: Fourteen Signature Dishes and Their Histories* (University Press of Mississippi, 2009), the turning point from white French to red New Orleans sauce came in 1920, when the famed Arnaud’s restaurant opened. The chefs there, fueled by the spirit of innovation and eager to appeal to customers who adored sweet shrimp, riffed on a rémoulade base to create a dish they called shrimp Arnaud. With the addition of celery, paprika, horseradish, and grainy Creole mustard, a move that reflected the distinctive local love of piquancy, the preparation was indistinguishable from today’s Creole rémoulade.

Just as with gumbo, New Orleans’ many versions of shrimp rémoulade vary from restaurant to restaurant. On Tulane University’s Culinary History Project website, I found a chart listing all the different ingredients employed throughout the city. Antoine’s uses ketchup spiced with horseradish; the Gumbo Shop tosses in pimentos; Paul Prudhomme adds Worcestershire sauce. But even the city’s white rémoulades, like the one I found in a cookbook from Galatoire’s, the French Quarter institution, get a fiery punch from Creole mustard, horseradish, and cayenne pepper.

Returning from the grocery, I clicked back to Chef Leruth’s video and followed along, boiling up shrimp and mixing Creole mustard with chopped onions, celery hearts, sugar, parsley, and Tabasco. I threw in paprika and watched the chunky mishmash turn crimson before drizzling in cottonseed oil. I took a taste. It all came together perfectly: the tang of the mustard, the nuttiness of the oil, the crunch of the vegetables. I poured it over my shrimp and placed them in the fridge to let the flavors jibe.

Later that night, as I sat at my dining room table listening to scratchy Louisiana R&B streaming on WWOZ, I took a bite of my first homemade shrimp rémoulade. Its quintessentially New Orleans flavors, melding so beautifully with the cool, succulent shrimp, reminded me of long ago dinners in a city I won’t soon forget. 🦞

★ Galatoire’s Rémoulade Blanc

SERVES 2–4

Inspired by a rémoulade served in New Orleans’ Galatoire’s, this white, mayonnaise-y blend of Creole mustard, horseradish, cayenne, and white pepper (pictured on page 24) is rooted in the classic French recipe.

- 1 cup mayonnaise
- 2 tbsp. Creole mustard (see page 86)
- 2 tbsp. dry white wine
- 1½ tbsp. fresh lemon juice
- 1 tbsp. grated horseradish
- 2 tsp. minced parsley, plus more
- ¼ tsp. cayenne
- ¼ tsp. freshly ground white pepper
- 4 scallions, minced
- Kosher salt, to taste
- 2 lb. medium cooked shrimp, peeled and deveined, tails removed (see “Cooking and Cleaning Shrimp,” page 82), chilled
- ½ head iceberg lettuce, thinly sliced

Stir mayonnaise, mustard, wine, juice, horseradish, parsley, cayenne, pepper, scallions, and salt in a bowl; stir in shrimp. Divide lettuce between plates; top with shrimp and garnish with parsley.

★ LeRuth’s Red Shrimp Rémoulade

SERVES 2–4

Spicy paprika and whole-grain mustard sauce coats plump shrimp in this classic New Orleans red rémoulade (pictured on page 24) from the late chef Warren Leruth.

- ¾ cup Creole mustard (see page 86)
- 2 tbsp. paprika
- 1 tsp. sugar
- Kosher salt, to taste
- 1 cup cottonseed, corn, or canola oil
- 2 lb. medium cooked shrimp, peeled and deveined, tails removed (see “Cooking and Cleaning Shrimp,” page 82), chilled
- 2 tbsp. minced parsley, plus more
- 2 inner stalks celery, minced
- ½ small yellow onion, minced
- Tabasco hot sauce, to taste
- ½ head red leaf lettuce, leaves torn

Whisk mustard, paprika, sugar, and salt in a bowl. Slowly drizzle in oil until sauce is emulsified; stir in shrimp, parsley, celery, onion, and Tabasco. Serve immediately or chill overnight if you like. Divide lettuce between plates; top with shrimp and garnish with parsley.



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Source

BY FELICIA CAMPBELL

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Born on the Bayou

In 2011, I was intrigued by the scandal that broke when a visiting New Orleans journalist noted that the shellfish in the lobster salad at the venerable Manhattan gourmet shop Zabar's was actually crawfish. The dish was renamed, but my view of the Cajun staple was forever altered: Crawfish weren't just for gumbos. Inspired to experiment, I picked up a few pounds and found that crawfish meat goes great in salads, curries, pot pies—most any dish that calls for lobster. Now every April when the season comes around, I buy them shipped live from the Louisiana Crawfish Company, whose crawdads are sustainably raised in flooded fields in the Atchafalaya Basin. The crustaceans—tiny freshwater cousins to lobsters—are firm and sweet. Plunged into boiling water, they cook through in just two minutes and easily soak up any seasonings, from classic Cajun spices to Asian-style ginger and garlic. As I tug off the tails to use in pasta sauce, dips, or even tacos, I can't help but pop some into my mouth. It takes five pounds of crawfish to yield a pound of tail meat, but those tails are so good, it's a wonder that any get past me. Tail meat and cooked or live crawfish start at \$7 a pound at lacrawfish.com. 🦞



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Ingredient

BY MARY SUE MILLIKEN

Photographs by Andre Baranowski
and Ingalls Photography



Forgotten Fish

Sardines may be one of the most underappreciated foods the world's oceans have to offer

The first time I encountered fresh sardines was in 1980. I was a young chef working in Paris. When the city shuttered, as it always does in August, I hurried south to stay with my friend Susan Feniger, who was cooking day and night at a restaurant in

MARY SUE MILLIKEN is the co-owner of Border Grill restaurants. Her most recent article for *SAVEUR* was "State of Grace" (November 2013).

Mandelieu-La Napoule on the French Riviera.

With plenty of time on my hands, I shopped the local markets for unfamiliar ingredients, keeping an eye out for bargains. One day I spied a basket of fresh silvery sardines. Seeing as they were dirt cheap, I bought a dozen and tentatively carried them back to Susan's rented room. I had never worked with sardines before. I had seen them in cans, of course, stacked on supermar-

ket shelves next to the tuna I preferred to eat, but I had never cooked with them.

I grew up in central Michigan, where fish mostly came out of the freezer, often in stick form. Still, once a year, in late May, my dad would head off in the middle of the night to go smelt dipping on the St. Clair or Pine River and return with a bounty of fresh smelts, for which my mom would haul out the portable electric deep fryer and whip

up a beer batter. Mom would fillet the fish, and then, to my family's delight, fry them right in front of us at the dinner table. The small, sparkling sardines I bought in France reminded me of the smelts back home.

But there was a problem: Susan had no deep fryer. In fact,

From left: Sardine fishing on the Adriatic Sea; grilled gremolata-stuffed sardines (see page 36 for recipe).

FROM LEFT: JAMES P. BLAIR/NATIONAL GEOGRAPHIC/GETTY IMAGES; ANDRE BARANOWSKI

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she didn't even have a kitchen.

Without a game plan, I gutted and filleted the tiny fish over a bucket. I remember how Susan's roommate, returning home from the beach, stared in horror as I rinsed the sardines in her bathroom sink. "I'm *really* not into fish," she said, making a quick exit. Since I'd recently read an article about salt-curing salmon,

I decided to do the same with my sardines. I laid the fillets on a plate, sprinkled them with plenty of salt, some thyme, and a splash of olive oil, and then covered them with thin slices of lemon and a plastic bag weighted down by a stack of magazines. Twelve hours later, around midnight, Susan and I devoured the fish with a baguette and a bottle

of wine. They were saline like the ocean yet sweet and supremely rich, their natural oils suffusing their flesh with moisture.

When I left Paris for California, I couldn't get sardines off my mind. I bought them whenever I saw them. I grilled garlic-rubbed whole sardines and finished them with salsa verde. Sometimes I braised them in olive oil with

vegetables to eat alongside watercress or arugula. In time, my experimentation led me to the canned sardines I'd previously

Clockwise from top left: olive oil-braised sardines with fennel; white bean and sardine stew; sardine and Swiss chard gratin; cured sardines. See page 36 for recipes.

CLOCKWISE FROM TOP LEFT: ANDRÉ BARANOWSKI (3); INGALLS PHOTOGRAPHY



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avoided. Mixed with celery, onion, lemon juice, and mayonnaise, they rivaled my standard tuna salad. I played with endless pasta sauces, tossing the fish with olive oil, onion, garlic, and two or three other ingredients—tomatoes, olives, capers, currants, celery, fennel, chives, or chiles—plus toasted bread crumbs for crunch. I even threw the canned ones in the food processor; mixed with cream cheese, lemon, and Tabasco, they made a tasty party spread. No matter how I prepared them, I loved them.

The sardines, it turns out, could have been any number of fish, all from the Clupeidae family, a group of more than 20 small, oily fish that include herring, pilchards, and sprats, all canned and sold as sardines. Sprats, from the north Atlantic Ocean, as well as the Baltic and Mediterranean seas, are the smallest and are often smoked before packing and sold as brisling sardines, while pilchards, found in the northeast Atlantic and Mediterranean, as well as the Pacific Ocean near Japan, are larger and meatier. The catchall name *sardine* likely derives from the Mediterranean island of Sardinia, in whose waters they abound.

In the U.S., sardines used to be big business. During World War I, they were shipped to our troops. In the 1930s, a one-pound tin cost just 5 to 10 cents, making them a healthy, affordable protein during the Depression. In those days, 4 million pounds of sardines were netted annually in Monterey, California, alone.

On my first visit to Monterey, I had grand plans to eat as many sardine dishes as I could and to visit the legendary Cannery Row, which I remembered from my seventh-grade reading of John Steinbeck's novel of the same name. But when I got there, I was baffled by the lack of sardines on local menus and haunted by the

cannery buildings, which stood dilapidated and abandoned.

California's sardine industry, as I soon found out, collapsed in the mid-20th century. The decline was due in part to a cyclical decrease in ocean temperature that occurs every four to six decades, but it was exacerbated by overfishing. After a 40-year moratorium on the sardine harvest, combined with the return of warmer seas, Pacific sardines

rebounded in the 1980s, but by then the canning industry was pretty much gone, and Americans had lost their taste for sardines. Though the fish from an existing smattering of West Coast micro-canneries are delicious, much of the U.S. catch ends up in fish-oil capsules, commercial bait, or feed for larger farmed species such as salmon. That's not what I'd call the best use of resources; it takes about three pounds of sardines to

raise just one pound of salmon.

It seems particularly unwise when you consider that our Pacific sardines are now one of the most environmentally sustainable fish you can eat. As I learned from the folks at the Monterey Bay Aquarium, sardine fishing is well regulated, and the nets used to catch them, called purse seines, have little impact on the rest of the ocean. Not only that, but small, fatty fish like sardines are extremely healthy to eat; they're low in mercury and rich in omega-3s, vitamin B12, iron, phosphorus, and potassium. And while 5-cent cans are a thing of the past, they remain inexpensive.

In other parts of the world, sardines are still popular. And in my travels, I've come across many great ways to prepare them. In Marseille, I ate them layered with creamed Swiss chard and Gruyère in a sumptuous gratin. Years ago at a Tokyo restaurant dedicated to the tiny fish, I savored delectable sardine meatballs, the umami-rich meat chopped with white miso, sake, ginger, and eggs and simmered in a comforting dashi, a fish and seaweed broth.

A lot of cooks, afraid of dealing with sardines, steer clear of them. But the fish are actually easy to prepare. I look for fresh sardines with a blue-black iridescent sheen, a silver sparkle, and bright eyes. Fishmongers will often clean them for you, but I like to do it myself, rinsing them under cold water while scraping their skin toward the head with the backside of a paring knife to remove the scales. Then I cut the belly open, scrape out the entrails, and rinse and pat them dry. I tug on the dorsal fin until it wiggles out, bringing with it some of the bones. Then they're ready to cook whole. Still, I often find myself lifting the little fillets off their spines, curing them in salt and oil, and savoring them, just as I did all those years ago in that seaside village in France. 🐟



EIGHT TOP TINS

Sardines come in dozens of varieties—from tiny smoked brislings to rich, fleshy pilchards. They also come boneless or whole; pickled or packed in olive oil, water, or tomato sauce. Here are some of our favorites. Swimming in fruity olive oil and lemon, **1 Matiz's** tender Spanish sardines are sustainably harvested using seines off the coast of Galicia. They have a nice briny flavor, and, as with all canned sardines, you can eat the bones. **2 Angelo Parodi's** meaty Portuguese sardines come packed in olive oil and are delicious spread on a saltine. **3 Bela** offers large, mildly flavored Portuguese pilchards packed in a thick, sweet tomato purée; they're great spread on fresh bread with chopped kalamata olives and capers. **4 Les Mouettes d'Arvor** sardines are caught off the coast of Brittany. Their firm flesh results from brining in icy salt water; packed with green peppercorns, they have a spicy lemon flavor that makes them ideal for pâté. **5 Da Morgada** Portuguese sardines, packed in olive oil, provide big flaky chunks of meat that work well in stews. Boneless, skinless sardines like these from **6 Angelo Parodi** are easy to use in casseroles such as a sardine and Swiss chard gratin (see page 36 for recipe). **7 Crown Prince** brisling sardines are wood-smoked and have a toasty flavor and firm texture. Packed in olive oil, they're fantastic with sliced tomatoes on toast. **8 King Oscar** tiny Norwegian brisling sardines are packed in water with no salt added, making them great for recipes like fish cakes that call for mild-flavored sardines. —Farideh Sadeghin



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★ Cured Sardines

SERVES 2-4

Easily filleted by removing the heads, then pulling the spines away from the fillet from the neck toward the tail, sardines are cured in a bright mixture of sugar, salt, and thyme (pictured on page 32).

- 8 fresh sardines, cleaned, filleted, rinsed, and dried
- 3 tbsp. olive oil
- 1½ tsp. kosher salt
- 1 tsp. minced thyme
- ¼ tsp. sugar
- 1 lemon, thinly sliced
- 2 tbsp. minced parsley
- 3 cloves garlic, minced
- Freshly ground black pepper, to taste

Place sardines skin side down on a plate; rub 1 tbsp. oil into fillets. Mix salt, thyme, and sugar in a bowl; sprinkle over fillets. Place 4 fillets, skin side down, in a glass loaf pan; top with half the lemon and drizzle with 1 tbsp. oil. Top with 4 fillets, skin side up. Repeat with remaining fillets, lemon, and oil. Cover with wax paper and a piece of cardboard cut to fit inside the pan. Weigh down with cans; chill 24 hours. Transfer to a plate; sprinkle with parsley, garlic, and pepper.

Grilled Gremolata-Stuffed Sardines

SERVES 5-7

Stuffing sardines with fresh herbs, garlic, and lemon before grilling suffuses them with zesty flavor (pictured on page 30).

- ⅓ cup olive oil
- ¼ cup minced parsley

- ¼ cup minced thyme
- 20 cloves garlic, minced
- Zest of 2 lemons, plus wedges for serving
- Kosher salt and freshly ground black pepper, to taste
- 16 fresh sardines, cleaned, rinsed, and dried

Stir oil, parsley, thyme, garlic, zest, salt, and pepper in a bowl. Stuff each sardine with about 1 tbsp. garlic mixture. Heat a charcoal grill or set a gas grill to high. (Alternatively, heat a cast-iron grill pan over medium-high heat.) Grill sardines, flipping once, until slightly charred and cooked through, 4-6 minutes. Serve with lemon wedges.

★ Olive Oil-Braised Sardines with Fennel

SERVES 2-4

Sardines are braised with fennel, carrots, and other aromatics in this elegant, slightly spicy dish (pictured on page 32) from chef Mary Sue Milliken.

- 8 fresh sardines, cleaned, rinsed, and dried
- Kosher salt and freshly ground black pepper, to taste
- 1 cup olive oil
- 1 tbsp. fennel seed, crushed
- 8 cloves garlic, chopped
- 3 bay leaves
- 2 carrots, sliced ¼" thick
- 2 dried chiles de árbol
- 1 small bulb fennel, trimmed and thinly sliced
- 1 stalk celery, sliced ¼" thick
- 1 yellow onion, thinly sliced
- Lemon wedges and toasted country bread, for serving

Heat oven to 300°. Season sardines with salt and pepper in a 9" x 13" baking dish; spread into a single layer. Heat oil in a 12" skillet over medium-high heat; cook fennel seed, garlic, bay leaves, carrots, chiles, sliced fennel, celery, onion, salt, and pepper until golden, 10-12 minutes. Pour over sardines; fit a piece of parchment paper over surface and bake until cooked, 25-30 minutes. Let cool; serve with lemon wedges and bread.

Sardine and Swiss Chard Gratin

SERVES 6-8

In this French casserole (pictured on page 32), oil-packed canned sardines are layered with creamy Swiss chard and baked under a crunchy layer of bread crumbs.

- Kosher salt and freshly ground black pepper, to taste
- 1½ lb. Swiss chard, stemmed, leaves torn into 2" pieces
- 4 tbsp. unsalted butter, plus 2 tbsp. melted
- 2 tbsp. olive oil, plus more
- 8 cloves garlic, thinly sliced
- 2 shallots, thinly sliced
- ½ cup flour
- 2½ cups milk
- 1 cup heavy cream
- 1 cup shredded Gruyère
- ¼ tsp. freshly grated nutmeg
- 3 eggs, beaten
- 2 4-oz. cans sardine fillets packed in oil, drained
- ½ cup panko bread crumbs

1 Cook chard in salted boiling water until wilted, 1-2 minutes. Drain, let cool, and squeeze dry. Heat 4 tbsp. butter

plus oil in a 4-qt. saucepan over medium-high heat. Cook garlic and shallots until golden, 5-7 minutes. Add flour; cook 2 minutes. Whisk in milk, cream, salt, and pepper; boil until thick, 2-3 minutes. Stir in chard, half the Gruyère, the nutmeg, and eggs.

2 Heat oven to 400°; grease an 8" x 11" baking dish with oil. Spread half the chard mixture into dish; top with half the sardines. Repeat layering. Stir melted butter and bread crumbs in a bowl; sprinkle over top with remaining Gruyère. Bake until golden and bubbly, about 30 minutes.

White Bean and Sardine Stew

SERVES 2-4

With their delicate tenderness, canned sardines are ideal for this robust Mediterranean stew (pictured on page 32).

- 3 tbsp. olive oil
- ¼ cup panko bread crumbs
- 4 cloves garlic, minced
- 2 carrots, grated
- 2 stalks celery, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 1 15-oz. can whole peeled tomatoes, drained and crushed by hand
- 1 14-oz. can cannellini beans, drained
- 1 4-oz. can boneless, skinless sardines packed in olive oil, drained
- 2 tbsp. minced parsley

Heat 1 tbsp. oil in a 12" skillet over medium heat. Cook panko until golden, 2-3 minutes; transfer to a bowl. Add remaining oil to skillet; set over medium-high heat. Cook garlic, carrots, celery, salt, and pepper until soft, 1-2 minutes. Add tomatoes, beans, and sardines; cook, stirring to break up sardines, until stew is slightly thick, 8-10 minutes. Garnish with reserved panko and the parsley.

GOOD CATCH

For ocean lovers, making the right decision at the seafood market can be daunting. Almost half a billion pounds of seafood are hauled in worldwide daily. Some of it, like Pacific sardines, is fished sustainably with low-impact methods that don't harm the overall health of the target population or damage the surrounding sea. But much fishing is destructive: Huge trawlers wreak havoc on the ocean floor; some nets scoop up nontargeted species like dolphins. And while half our fish comes from farming, aquaculture can be eco-friendly or it can be polluting. Fortunately, there are reliable sources to help us make sustainable choices. Monterey Bay Aquarium's Seafood Watch (seafoodwatch.org) ranks catches in three categories: Best Choices, Good Alternatives, and Avoid. Blue Ocean Institute (blueocean.org), an initiative of New York's Stony Brook University, offers Ocean-Friendly Substitutes: albacore tuna for Atlantic bluefin, Alaskan sablefish for Chilean sea bass. And while its standards are less rigorous than some environmentalists would like, the Marine Stewardship Council (msc.org) works with supermarket chains to label seafood from responsible fisheries with a blue eco-sticker. —Keith Pandolfi



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THE H F A



Oh, how we adore seafood. We're enamored of it at harborside bistros where the catch comes from a stone's throw off the pier. We admire it iced in brimming fish markets farther from the coast. We savor it in haute urban temples of fish, where each impeccable fillet is lavished with an expert sauce. And we crave it mixed with mayonnaise and spread on bread in a humble takeout sandwich. But, mostly, we want to eat it cooked at home: Plump, sweet scallops from the frigid North Atlantic that we bathe in a luxurious cream sauce and gratinée in their own frilled shells. Saffron-and-tomato-laced *frutti di mare* slurped from a bowl of al dente pasta. Whole bream, which we like to dress simply in olive oil and sea salt and grill over blazing wood just long enough for its skin to crisp and char over its moist white meat, tasting like smoke and sea. We shop carefully, we cook lovingly, we eat as sustainably as we can, and we eat well. We are thankful for, and protective of, the ocean's breathtaking splendor. As you read these fish tales and consider the lessons from the Oregon coast, Croatia, and points beyond, we invite you to experience, and to care for, the bounty as well. —*The Editors*

INGALLS PHOTOGRAPHY



At the Ends of the Earth

*In the Atlantic Ocean off
Canada's coast, Saint-Pierre
and Miquelon, two tiny islands
ruled by France, are foggy,
mysterious, and brimming with
delicious seafood*

By Adam Leith Gollner
Photographs by Penny De Los Santos

"SUBJECT TO FOGS," CONCLUDED Captain Cook in 1763. His assessment remains valid, as I learned on a recent visit to the remote North Atlantic island of Saint-Pierre. The memorial statue in the main square is of a steely-eyed fisherman grasping his ship's wheel. Sailors vanishing at sea is a reality here in the Grand Banks, where the frigid Labrador Current crashes into the warm Gulf Stream, causing around a hundred fog-drenched days each year. But those mists also conceal treasure: "good fishing ground all round," as Cook put it.

Ever since the 1400s, when Basque seamen first voyaged here for cod, seafood has been a lure. The briny marine air hits you upon arrival. So does the cold. When my plane landed at Saint-Pierre's airport last August, the temperature was 48 degrees Fahrenheit. Hence

ADAM LEITH GOLLNER is the author of *The Book of Immortality* (Scribner, 2013). This is his first story for *SAVEUR*. PENNY DE LOS SANTOS is a *SAVEUR* contributing photographer.





Attendees survey the array of home-cooked seafood terrines, mousses, and other dishes served at the annual Miquelon Seafood Festival. Recipes begin on page 74.



KING COD

The Grand Banks, undersea peaks that rise from the continental shelf southeast of Saint-Pierre and Miquelon, were once teeming with cod. Where the nutrient-rich Labrador Current meets the warm Gulf Stream, plankton proliferated, feeding small fish like capelin that, in turn, lured cod. As

early as the 1400s, Basque fishermen crossed the Atlantic to fish here, using salt to preserve the cod on the voyage home. Over the centuries, the world's fleets descended. By 1992, the cod were gone. A moratorium on commercial fishing has been in place since, but the fish have been slow to recover. Today, the cod on your plate comes from Iceland, Alaska, Norway, or elsewhere, but not from the Grand Banks. —Betsy Andrews



the local expression *l'hiver est venu passer l'été*—winter has come to spend the summer.

No one I knew had ever spent a day here. France's remaining bastion in North America is something of a mystery. Scant information is available online or in books about Saint-Pierre (population: 5,676) and its sibling Miquelon (635 inhabitants). Geographically Canadian, the territory is administratively European. Passports are stamped by French customs officials. The currency is the euro. In Saint-Pierre, the main port of call, old men play pétanque and drink pastis in the square.

Like explorer John Cabot, who stumbled onto the archipelago while searching for Cathay in 1497, I'd come in the spirit of discovery. My goal? Seafood. Saint-Pierre and Miquelon's official motto is *a mare labor*, a Latin phrase meaning "from the sea, work." I intended to work my way through the bounty.

My first stop, at my taxi driver's suggestion, was a diner by the improbable name of Café Cyber Poly Gone Home. The lanky chef Philippe Pupier served me a *traboulette*—country bread slathered in béchamel, topped with Puy lentils, *saucisson*, and Gruyère—and chatted with me about local dishes: *tiaude*, a thick fishermen's stew of potatoes, carrots, and cod; and *boulettes de morue*, salt cod fritters, known here as "cod snowballs." These traditional foods, he said, are hard to find outside of home kitchens, but he'd prepare a menu of classics during my visit. I had to leave for Miquelon the following morning—there was a local seafood festival there that I didn't want to miss—but we agreed to reconvene upon my return.

THE NEXT DAY I AWOKE to a landscape enshrouded in milky brume. The hour-long ferry to Miquelon left at



dawn. "You can't see the sky from the sea," said the ship's captain, smiling as he navigated by GPS. The atmospheric gauze would blow off before noon, he assured me, steering over wine-dark waves into the vaporous nothingness.

Hours into my visit to Miquelon, the mist remained as thick as *brandade*. Wild horses grazing on the strand looked like washed-out ghosts. I was trying to imagine how hard it must be to fish these waters when an aroma of charring seafood speared through the gloom. The smokiness seemed suffused with hints of violets and cucumbers. "What is that?" I said out loud. A white sky withheld any clues, so I set off in blind pursuit.

I ended up in front of my B&B, where the owner, Paulette Boissel, had greeted me earlier with "Bienvenue! We're the exiles at the ends of the earth." About to give up on the beguiling perfume, I noticed a neighbor sitting on his stoop beside a cast-iron plate mounted on a flame-emitting gas canister. It held a dozen small silvery fish.

"These are capelins grilled à la plaque—and they're nearly ready!" the man, named Loic, told me when I approached him. During the spawning season, the ocean boils over with these smelts, historically food for cod and other big Grand Banks fish. You can reach a pail into the water and pull them out by the dozens. Their flesh has a surprising floral aroma, he said.

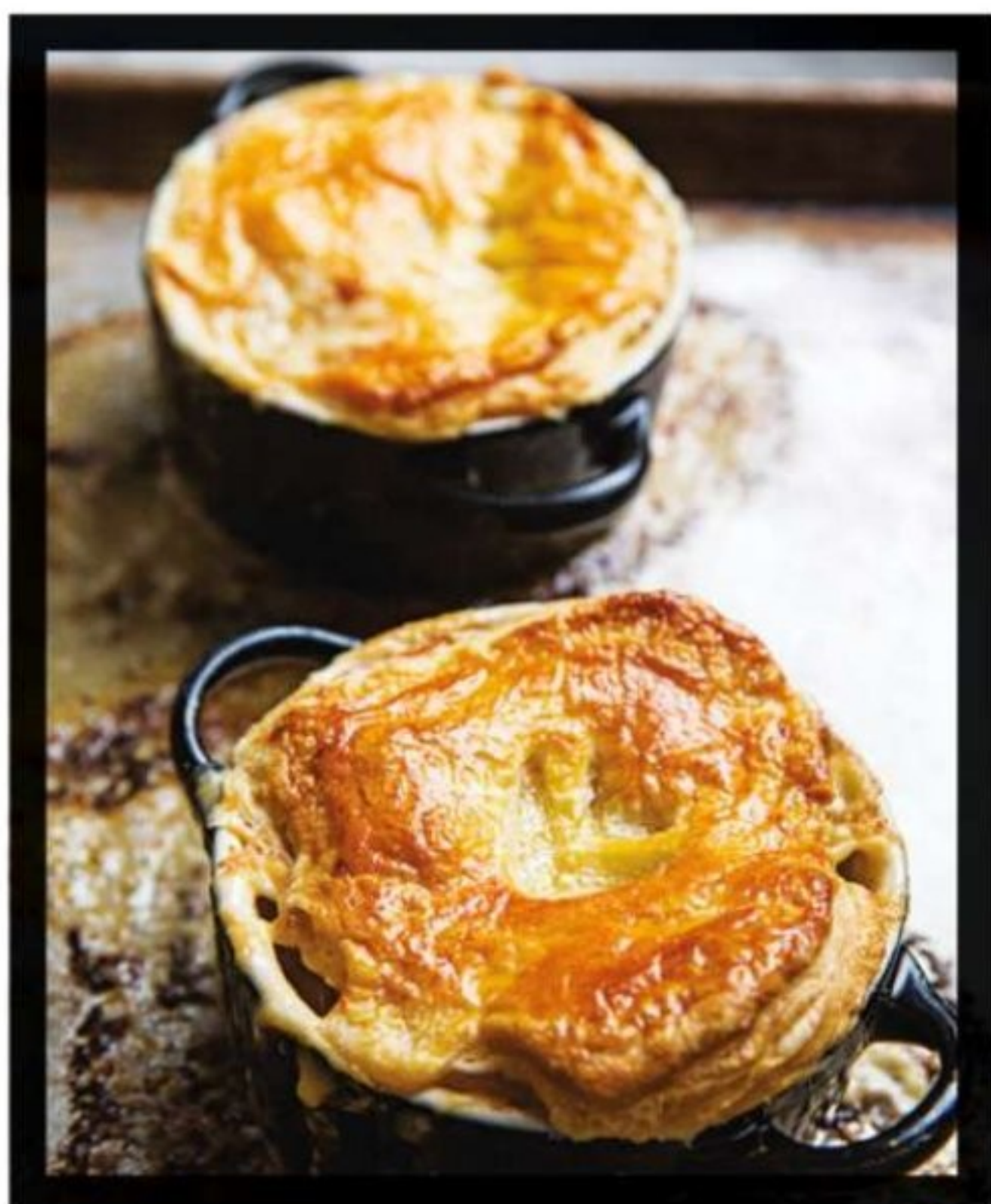
These had an added pungency from the way they were cured. Loic sun-dries the small fish and then brines them in salt in the backyard. He invited me inside, where his

Clockwise from top left: salt cod fritters; Paulette Boissel with her creamy mushroom and mussel tart; cod fishing on the Grand Banks in 1967. Facing page: gratinéed scallops. Recipes start on page 74.

CENTER: WILBUR E. GARRETT/NATIONAL GEOGRAPHIC/GETTY IMAGES







LOOKS LIKE FISH

To create whimsical seafood mousses, Saint-Pierre and Miquelon cooks use fish-shaped molds. Such molds date to the 1300s, when shaped pewter and carved wood helped create eye-catching banquet dishes. In 17th-century England, Wedgwood and other **1** ceramic molds were favored for holiday puddings. **2** Copper molds gained status in the 1830s when advances in plating and tinning made the metal safe for foods. A century later, Jell-O popularized molds in the U.S. by giving away **3–5** aluminum versions. —*Laura Loesch-Quintin*



1



2



3



4



5

wife, Natalie, and their children were spreading butter on bread. “You can’t have capelins without bread and butter,” Natalie declared.

“And you can’t have afternoon tea without capelins,” Loic added. The inhabitants of Miquelon always have afternoon tea at 4 p.m.

“Everybody gets peckish around this time,” Natalie explained. “You’ll join us for tea, bien sûr?”

The capelins were as delicious as they smelled: toothsome, saline, grill-blistered. The butter offset their minerality perfectly. Traditional recipes are simple, Natalie said. The never-ending winters had taught residents to do a lot with a little. A staple is salted cod, although it’s increasingly hard to come by—the cod fisheries collapsed more than two decades ago (see “King Cod,” page 42). But there is still life in the sea. And the best place to sample it, she said, would be the seafood festival the following day. For this elaborate potluck, everyone prepares their best recipes. The owner of my *pension*, for instance, would be bringing her famous mussel tart.

Thanking Loic and Natalie, I went to check in on Paulette, who was indeed cooking her trademark dish. With her short white hair, nurselike apron, and silent sailor husband, Paulette was as tough as oyster shells but in a humorous way. She told me that most of the island’s population could be traced to the Basque Country, Normandy, or Brittany. “Me, I’m Basquaise,” she declared, toothpick dangling gangster-moll-like, fists raised as though to say, “Come on! Any takers? Who wants to go?”

Paulette had made enough tarts to spare one for her

Clockwise from top left: lobster pot pie (see page 83 for recipe); hauling in a boat; fish-shaped molds. Facing page: Saint-Pierre as seen from the harbor.



houseguest. It turned out to be supremely satisfying, the *pâte brisée* shell blanketed in mussels and a creamy mor-nay sauce. Afterward, hoping to walk off my rich snack, I moseyed down to the wharf to scope the catch. Twilight descended and mariners, faces chiseled by the wind, started motoring into port.

“Were they biting?” I asked.

“There’s nothing out there tonight,” said a large, ruddy-cheeked man in rubber boots, gruffly.

“But when you actually catch some encornets,” he continued, using the local term for squid, “you grill them or stuff them.” He’d caught bucketloads at dawn and was planning to stuff them with bread crumbs and aromatics for the next day’s buffet.

“Could I come and see?” I asked. He looked me up and down and then told me to jump in the back of his pickup.

At his house, the man, named Jean Maurice, fired up a metal *plaque* similar to Loic’s and grilled some squid plain, explaining that superfresh *encornets* don’t need seasoning. When heated, their ink forms a natural sauce that complements the squid’s seared exterior sumptuously. Then Jean Maurice, employed as captain of a scallop barge, suggested that his wife, Carole, whip up her specialty, *coquilles* St-Jacques—scallops au gratin.

I protested because I was exceedingly full. “That’s about right,” said Carole, who makes fantastic scallops. “Everybody here has four o’clock tea, then an apéro at 6 p.m., and then dinner at 8 p.m., so you’re on track.”

They also have three meals before that: breakfast, a midmorning snack, and lunch. “Le monde adore manger ici,” as Paulette had said—“people love to eat here.”

THE NEXT DAY I WENT TO RENT a bicycle and explore the island. The bikes all needed repairs, the young shop-

HOW TO FILLET A FISH

Though you can get fish fillets at most supermarkets, buying a whole fish and filleting it yourself has benefits: You can easily tell if a whole fish is fresh by its clear eyes and bright red gills, and the leftover bones make a flavorful stock (see page 84 for recipe). Eric Ripert, chef-owner of Manhattan's Le Bernardin restaurant, where 700 to 1,000 pounds of fish are filleted each day, showed us how to do it. —*Judy Haubert*

1



Lay a raw, chilled fish that has been gutted and scaled on a cutting board with backbone facing you. With the blade of your knife, feel for the collarbone, just behind the gills, and make an incision parallel to and slightly behind it, leaving the head attached.

2



Starting with your blade in the incision, slice along the spine from head to tail, separating the flesh from the ribs.

3



Remove the fillet from the body, cutting through the skin bordering the belly. Turn the fish over and repeat steps 1 through 3.

4



Place fillet skin side down. Cut a nick about $\frac{1}{2}$ " from the tail end and insert knife at a 45° angle; slide blade under fillet while wiggling skin back and forth with your other hand until fillet is released. (To cook fillets skin-on—see "How to Pan-Fry Fish," page 81—skip this step.)

5



Run the back of your knife blade along the top of fillet from head to tail against the grain of the flesh to reveal the pin bones in the center of the fillet.

6



Using pliers, tweezers, or your fingers, pluck out and discard the pin bones. Repeat with the remaining fillet.



Tucked away on a side street in vibrant Astoria, **Bear** may not be an obvious destination for a distinctive meal. But, take the time and look around to find dark glossy walls, fresh flowers, and a host of diners feasting on **chef extraordinaire Natasha Pogrebinsky's** order-in-advance tasting menu. Appearances aside, this place is serious. - The Michelin Guide NYC 2014



Natasha Pogrebinsky Executive Chef and Owner of **BEAR** in NYC

Chef Natasha Pogrebinsky came to the United States as a political refugee following the collapse of the USSR, and determination is in her blood. So is art, thanks to her father, renowned painter Alexander Pogrebinsky. With the plate as her canvas at Bear, the chef employs the flavors, colors, and textures of her childhood home as the palette for her exquisite tasting menu.

Oysters and scallop crudo are meticulously placed into a citrus pond adorned with shimmering caviar and spicy microgreens. The oyster shell becomes a miniature sailboat anchored on a bed of lava salt, housing codfish liver and salmon roe with a rice paper sail.

Paper-thin lamb tongue is suspended in consommé aspic with fennel, nameko mushrooms, and beet-tinted horseradish, all crosshatched with wisps of dill. The dill also playfully brightens the gravy for her handmade veal dumplings.

These miniature morsels of nouveau European artwork are every bit as beautiful in the mouth as they are on the plate.

-The Village Voice 2013



Bear Restaurant / www.BearNYC.com / Casual Dining / Creative Seasonal Fare / 917-396-4939

keeper said. But if I wanted, her dad would give me a tour. Minutes later, a kindly gentleman drove up and introduced himself as Denis Detcheverry. It turned out he was Miquelon's former mayor and currently the local senator. He spent part of each year representing the islands in Paris. "Our cuisine is French, with our own touches based on nature's offerings," he said, pointing out streams full of trout. Locals eat seasonally by necessity, he explained. Fall and winter is the time for cod, deer, wild hare. Spring brings the best sea urchins. In summer forests are blanketed with chanterelles and fields with wild strawberries.

It had been at least an hour since my last meal, so Detcheverry suggested I come over for lobster. After he parked, I went down the street to pick up a bottle of wine and returned with a white Graves from Clos Floridène. "They have fantastic wines at that grocery store," I remarked.

"Of course they do. We're in France after all," he replied.

He cut the lobsters in half lengthwise and grilled them *à la Normandie* with splashes of calvados. The wood fire's smoky essence fused seamlessly into sweet flesh accentuated by notes of cooked apples. It whet my appetite for more, so I left Detcheverry and joined the people streaming through the foggy streets to the seafood festival, which was starting in a sports gymnasium three blocks away.

DESPITE THE GLOOMY weather, it was cheery in the gym. Each home cook had contributed to the buffet: lobster mousse, tuna pâté, cod fritters. Shrimp and snow crab were stuffed into every hollow: halved peaches and tomatoes, hard-boiled eggs, coils of smoked salmon. Lobsters with pincers like baseball mitts encircled asparagus-crowned crab spreads and trout in aspic. At the sound of a whistle, participants stampeded the gargantuan spread.

"This is very old, real, roots France," one visitor from Paris exclaimed. "It's like something you'd find in the backwoods of Auvergne or Limousin. This feels like the most out-there place that's actually inhabited."

People started dancing, young and old alike. Hours later, everyone trickled out, full and happy. Having feasted hard, I slept peacefully amid the *Bonne Cuisine* books and trophy antlers that graced the shelves at Paulette's.

In the morning, the sky above the ferry back to Saint-Pierre was less overcast. Jagged cliffs wavered in the distance; seabirds rippled the waters with their wingtips. I landed and headed for the portside diner. Philippe Pupier was blasting Maria Callas on the sound system when I arrived. As promised, he had made a meal for me. It started with *tiaude*, which was gloriously direct: cod cheeks and vegetables in a thick roux. Then, tender chunks of bisque-moistened lobster were served *en croûte*, in mini cocottes sealed with puff pastry. And cod snowballs, creamy with a crisp golden exterior. Made from island recipes, it was a wonderful lunch, as good as any I would have had at a fine bistro in Paris. Yet here we were nestled away in a tiny fishing village just south of Newfoundland in the fog thickets of nowhere, a place where they live to eat.

TRAVEL GUIDE *Saint-Pierre and Miquelon*

Dinner for two with drinks and tip **Inexpensive** Under \$50

Moderate \$50–\$100 **Expensive** Over \$100

The islands of Saint-Pierre and Miquelon are located in the North Atlantic 12 miles from the southeastern tip of Newfoundland. Air Saint-Pierre (airsaintpierre.com) flies there from St. John's in Newfoundland, as well as from Halifax and, in summer, Montreal. You can also take the passenger-only ferry, which runs daily from Fortune, Newfoundland, from mid-April through September (saintpierreferry.ca). —A.G.



WHERE TO EAT

Ongi Etorri (2 rue Amiral Muselier, Saint-Pierre; 508/415-750). *Moderate.* This French Basque restaurant in Saint-Pierre offers dishes like cod and chorizo with great wines from the Basque region of Irouléguy for pairing.

Entre Nous (36 rue Baron de l'Esperance, Saint-Pierre; 508/416-124). *Moderate.* Classic yet casual, this Saint-Pierre French restaurant serves a noteworthy *flamme-kueche*, the Alsatian onion and lardon tart.

Café Cyber Poly Gone

Home (Place du Général de Gaulle, Saint-Pierre; 508/412-323). *Inexpensive.* At this quaint diner near Saint-Pierre's main port, knowledgeable Lyonais chef Philippe Pupier serves extraordinary French snacks like *traboulette*, country bread topped with lentils, sausage, Gruyère, and béchamel, as well as local foods like *tiaude*, a cod stew.

L'Atelier Gourmand

(12 rue du 11 Novembre,

Saint-Pierre; 508/415-300; lateliourgourmandspm.com). *Expensive.* This oceanside restaurant features alfresco dining on elegant dishes like scallop and bacon brochettes and *plate-bière* sorbet made with local cloudberries, a wild berry.

WHERE TO STAY

Nuits Saint-Pierre

(10 rue du Général Leclerc, Saint-Pierre; 508/412-027; nuitssaintpierre.com/en). This boutique hotel offers the chicest accommodations on the islands. At Les Délices de Joséphine, its tea salon, some of the best espresso on the island pairs with *tartellette au citron* and other authentic French pastries.



Auberge Quatre Temps

(Impasse des Quatre-temps, Saint-Pierre; 508/414-301; quatretemps.com). Laid-back, no-frills digs are overseen by award-winning chef Pascal Vigneau, who shares recipes with guests and offers an authentic taste of the islands each morning, with homemade cloudberry jam on toast.

B&B Chez Paulette

(8 rue Victor Briand, Miquelon; 508/416-215). Most visitors to Miquelon stay in the home of proprietress Paulette Boissel, where they can enjoy hearty breakfasts and, if requested in advance, creamy mushroom and mussel tart.



WHAT TO DO

Comptoir d'Importation

des Alcools (7 rue Albert Briand, Saint-Pierre; 508/414-797; hotelrobert.com). Beneath the Hôtel Robert, this cellar wine shop sells classic French village wines, as well as rare vintage Bordeaux.

Miquelon Seafood Festival

(st-pierre-et-miquelon.com). Every August, Miquelon's home cooks organize an enormous buffet of seafood specialties and desserts. It's the year's best occasion for sampling the islands' cuisine.

Clockwise from top left: Saint-Pierre lighthouse; lobsters; a shuttle boat from the island ferry.

Europe, Almost Though the islands are administered by France, European Union and United States nationals need a passport, while Canadians need only photo ID to enter. On the other hand, while Canadian and U.S. dollars are accepted in shops and restaurants, change is given in euros, and most museums, ferries, and government-run services accept only euros. Voltage is 220V, which means that Canadian and U.S. residents should bring an adapter. —A.G.



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• MASTER JEWELER

The stark lighting makes it feel like you're shopping for diamonds. And, in a way, you are. Manhattan's Sushi Nakazawa serves gems from the sea: pristine fish procured from long-trusted sources, expertly cut and mounted glistening on warm, vinegared *koshihikari*, the gold standard for sushi rice. Daisuke Nakazawa honed his craft under lauded Tokyo *shokunin*, or master, Jiro Ono, the subject of the 2011 film *Jiro Dreams of Sushi*. For Nakazawa, although America has freed him up to crack jokes at the bar, technique is paramount. So is intuition. Mackerel pickled in vinegar and dressed with bright Japanese mustard; silken live tiger shrimp brushed with sweet soy sauce; chum salmon hay-smoked to accentuate its swarthy richness; custardlike uni served bracingly cold—each is long pondered and uniquely prepared. This is sushi so pure, so minimalist, that there's nothing to hide behind. The maker's skill must be spot-on. And it is. (sushinakazawa.com) —Betsy Andrews





Tatjana Ciciliani (left) prepares a lunch of *brodet*, a fish stew (see page 80 for recipe), at her home in Trogir on Croatia's Dalmatian coast.



S

Splendor of the Isles

Pristine seafood is at the heart of home cooking in the villages along Croatia's Dalmatian coast, hundreds of miles of jagged limestone islands dotting the Adriatic Sea

By Brendan Francis Newnam
Photographs by Penny De Los Santos

THEY SAY THAT when God finished creating the world, he chucked a handful of leftover rocks into the Adriatic. My ancestors hail from one of those rocks: the tiny island of Murter in Dalmatia, a 233-mile stretch of coastline in the middle of Europe staring at the back of Italy's boot. The former summer playground of Roman emperors, Hapsburg aristocrats, and comrades on workers' holiday, this part of Central Europe was passed back and forth between the Italians, the Austro-Hungarians, and sometimes the Turks for

centuries. All of them enjoyed the coast's most prominent charm: its exquisite seafood.

For millennia, people here have drawn their livelihoods from the waters of Croatia's Dalmatian coast, which hugs the Adriatic Sea. The local cuisine is centered on the hundreds of fish and shellfish species that thrive in the crystal clear bays and inlets: mackerel, sea bass, squid, oysters, langoustines, mussels, and more.

It's hard for me to believe it now, but as a boy my grandfather—my *Dida*, as I called him—struggled in this place of

CROATIA'S BEST BOTTLES

Home to a wine culture extolled by the ancient Greeks, Croatia is again, after a dip in quality during the Communist period, producing some of Europe's most original wines. Indigenous grapes reward an adventurous palate and make a perfect foil for the country's food. The whites are mainly made with grapes grown inland, but they're great with coastal seafood. One such grape is *graševina*. Though lighthearted and fleshy elsewhere, such as in Austria, in Croatia *graševina* is more serious. Floral, unctuous 1 *Enjingi Graševina 2012* (\$13) finishes with a cleansing note of bitter almond. It stands up to rich cuttlefish risotto. If



you haven't heard of *bogdanjuša*, a grape from the Island of Hvar whose name means *godsend*, you're not alone. Redolent of grapefruit peel and Mediterranean herbs, 2 *Carić Bogdanjuša 2012* (\$17) is the first wine made from the rare grape to be exported to the U.S. Its citrusy flavor makes it a nice match for whole grilled fish. *Malvasia*

Istriana, one of Friuli's favorite grapes, is named for the rust-colored soil of Istria in northern Croatia, where it originates. Like many of its Italian cousins, 3 *Coronica Malvasia 2012* (\$20) smells of Meyer lemons and the sweet-scented acacia that blankets the countryside. The long mineral finish pairs nicely with the tang of a



brodet. As for reds, the country's most promising grape is *babić*, according to Cliff Rames, founder of Wines of Croatia. Dusty and smoky on the nose, 4 *Bibich R6 Riserva 2010* (\$20), made of *babić* and the local *lasina* and *plavina* grapes, tastes like a sunnier Rhône syrah. 5 *Suha Punta Tirada Babić 2009* (\$39), from the intricately walled "stone lace" vineyards in Primošten, a historic site, reveals the grape's rich, dark, oaky side. The most widely planted Croatian grape is *plavac mali* (little blue), a purple descendant of *zinfandel* that thrives on the coast. Brambly 6 *Miloš Plavac 2009* (\$27) has the aroma of dried figs and chewy mouth-coating tannins. It's a foil for all sorts of game dishes. —Alex Halberstadt

abundance. Croatia's economy lay in ruins after World War I. When my *Dida* sought work, he found it where Dalmatians have found it for centuries, at sea. Eventually he jumped ship, slipped into America, fell in love, and started a family. But he never forgot his hometown of Tisno, a fishing village on the Dalmatian coast, and when I was ten, he brought me here for a summer. I turned brown as toast. Though my tan faded afterward, my love for the island never left me.

Then, Croatia was still part of Yugoslavia. Over the years, I've gone back to see my extended family dozens of times, and while the political landscape has shifted—today Croatia is a sovereign nation with a freely elected government—Tisno hasn't much changed. On my most recent visit, my mother, Neda, traveled with me, both of us eager to reconnect with our family, to spend languorous days at the beach, and—as ever—to eat.

When we arrived, before

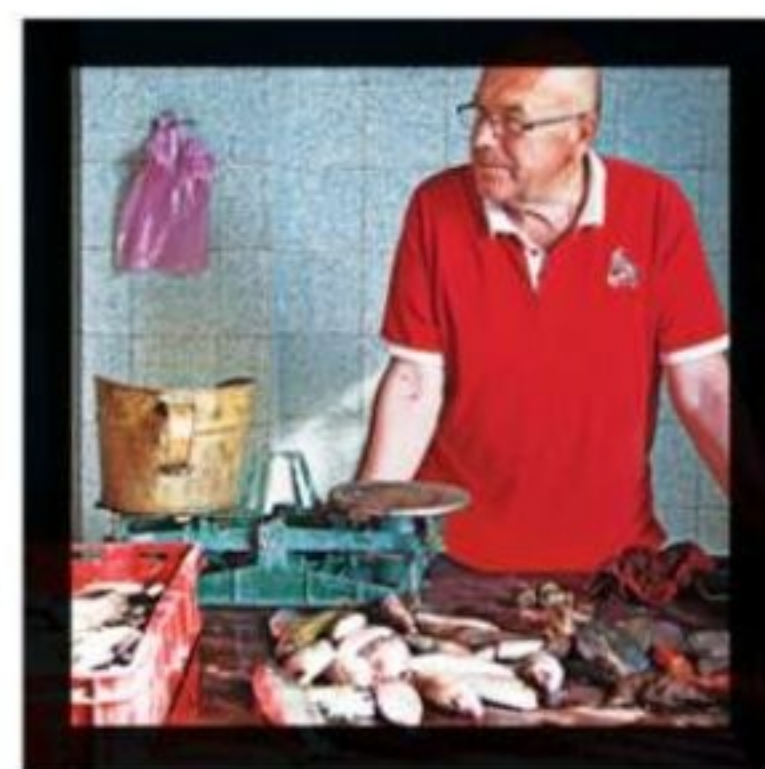
traversing the bridge from the mainland, we stopped by my cousin Ante's house for the keys to my family's flat. He gave me a jug of homemade wine and an order disguised as an invitation: "After you get settled, come over for *ručak*."

Appearing for *ručak*—lunch—is my only duty in Croatia. I, like thousands of others, come here in summer to escape responsibility. I read Nabokov, swim, and nap. And in the middle of the day, I break bread with family and friends. *Ručak* is the time for grilled fish and for gossiping over plum brandy. But just at that moment, I was in no mood to eat. The transatlantic flight from the U.S., followed by a white-knuckle drive from Split on Croatia's frenetic highways, left me with just barely enough energy to open the windows and fall into bed.

AT TWILIGHT I awoke to the sound of kids in flip-flops slapping past my window. My mother waited on the porch. Since our cupboard was bare, we were having our first meal in a restaurant in Jezera, a neighboring village. Cicadas screeched. The moon was a fat blue egg. The air smelled of lavender and pine.

We headed to the Zlatna Skoljka, the Golden Shell. My family doesn't eat out much, but when they do, they come here. It's a small, bare-bones restaurant where things are done right. We took a table on a terrace overlooking the harbor and I ordered *crni rižoto*, black cuttlefish risotto, a one-dish meal made from cheap, plentiful ingredients—rice, fish broth, and cuttlefish, its ebony ink adding an iodine intensity. The owner brought us some

BRENDAN FRANCIS NEWNAM is the host of *American Public Media's Dinner Party Download*. PENNY DE LOS SANTOS is a *SAVEUR* contributing photographer.



Fourth row, third from right: sardines; rosemary focaccia (see page 77 for recipe); the beach in Tisno. Bottom row: *brodet* cooking over an open fire at the home of Tatjana Ciciliani; a bundle of onions; Murter's old town center; wine for sale in Tisno; a fishmonger at work.





Top row, from left: a Tisno fishmonger; a local bakery; cleaning fish; fish stew (see page 80 for recipe); bream. Second row: radish salad (see page 77 for recipe); a produce stand; Swiss chard with potatoes (see page 74 for recipe); Ante Salamun; cherries in brandy; Tatjana Ciciliani's courtyard.



Third row: a Murter fisherwoman; sardines in oil; a woman in Murter; whole grilled fish with lemon (see page 81 for recipe); langoustines in tomato, garlic, and wine sauce (see page 84 for recipe). Fourth row: Trogir's old city; fresh figs; black cuttlefish risotto (see page 81 for recipe).



malvasia, a crisp white wine that smelled of citrus and apricots (see “Croatia’s Best Bottles,” page 54). Within minutes the remnants of ink on my dinner plate looked like an abstract painting.

The following morning we headed to the town of Murter, the island’s namesake, five miles north of Tisno. From Murter’s small dock, a fisherman took us to the tiny island where Opat, a restaurant that began as a way station for local fishermen in the early 1900s, is perched. We motored out amid jagged limestone islets. When we arrived, ten or so men were hollering and splashing about in the water, giving the place the feel of a pirate’s cove. It was the restaurant’s staff, blowing off steam. “Living here can make you a little crazy,” said Ante Božikov, the third-generation owner, pointing at his head as he greeted us. “I send them home to see their girlfriends every two weeks because otherwise they will go out of their minds.”

Inside his open-air dining room, fish are grilled over flames fed with olive wood. “This was the easiest way for fishermen to cook. You just start a fire between two rocks and begin,” Božikov said. We ordered langoustine *na buzaru*—the delectable crustaceans sautéed with tomatoes, parsley, bread crumbs, garlic, and wine—and sopped up the sauce with hunks of bread, reveling in a coveted treat.

“It used to be that you could put your hand in the sea and pull out a fish,” he said. But the world caught on to the quality of the riches of the Adriatic, and now restaurants from Tokyo to Las Vegas bid on the catch. Croatian fishing boats meet up with their Italian counterparts and hand off their best stuff for euros.

Later, back in Tisno, I related

The waterfront in the village of Tisno on Croatia’s Dalmatian coast.





☛ Sole Piccata

SERVES 4

The recipe for this pan-fried fillet, finished with a white-wine butter sauce laced with lemon, capers, and shallots, is adapted from Rick Moonen's *Fish Without a Doubt* (Houghton Mifflin, 2008).

- 4 6-oz. skinless fillets grey or Dover sole, or any flaky white fish like turbot or tilapia
- Kosher salt and freshly ground white pepper, to taste
- $\frac{1}{2}$ cup flour
- $\frac{1}{4}$ cup canola oil
- 4 tbsp. unsalted butter
- 1 large shallot, minced
- $\frac{1}{2}$ lemon, thinly sliced
- $\frac{1}{4}$ cup dry white wine
- 2 tsp. capers

Pat fillets dry with paper towels and season with salt and pepper; dredge in flour. Heat 2 tbsp. oil and 1 tbsp. butter in a 12" skillet over high heat. Cook 2 fillets, flipping once, until golden and cooked through, 3–4 minutes; transfer to two plates. Wipe skillet clean and repeat with remaining oil, 1 tbsp. butter, and fillets. Add 1 tbsp. butter, the shallot, and lemon to skillet; cook until shallot is soft, 1–2 minutes. Add wine; cook, scraping up browned bits from pan. Add remaining butter, the capers, salt, and pepper. Cook until sauce is slightly thick; spoon over fish.



BEGINNER'S LUCK

The classic Italian piccata is made with veal. I make piccata with fish, however, and nothing could be easier or tastier. All you need is a thin, white fillet, a hot pan, some butter, lemon, capers, shallots, and white wine. The fish cooks in minutes, and the sauce comes together practically on its own. Shallots and lemon caramelize in the butter, wine prevents the butter from burning, and more butter at the end with the capers adds body. Light-tasting fish and a tangy, creamy, well-balanced sauce: It's a no-brainer for seasoned cooks and a beautiful recipe for beginners. —Rick Moonen

Božikov's story to a Croatian pal and was relieved when he assured me that, despite global demand, there were still local markets for pristine fish. "You must meet my friend Tatjana tomorrow," he replied. "She will show you where to get amazing seafood."

"HURRY. YOU are going to ruin my reputation with the fish people by making me come so late!" Tatjana Ciciliani pulled me into the ancient fish market in the coastal city of Trogir, 90 minutes south of Murter. We ducked under an archway and entered what looked like Poseidon's larder: Trays of sardines, mackerel, and scorpion fish lay between mounds of shrimp, eels, and squid. Ciciliani lifted, grabbed, and squeezed. "You must make

WE ENTERED WHAT LOOKED LIKE POSEIDON'S LARDER: TRAYS OF SARDINES, MACKEREL, AND SCORPION FISH LAY BETWEEN MOUNDS OF SHRIMP, EELS, AND SQUID

sure their eyes are clear, that the scales feel smooth," she said.

Ciciliani, a 30-something mother of two, beamed and bantered as we made our way to her house within the moat-ringed stone maze of Trogir's old town. I followed her into her courtyard, where dappled sunlight hit jars packed with brandy-soaked cherries and artichokes in grappa. We surveyed our purchases and decided to cook the quintessential Dalmatian dish, a hearty fish stew called *brodet*. You can use any fish in *brodet*, but monkfish is preferred. For good measure, Ciciliani threw in calamari, plus two small sea robins, named for their winglike pectoral fins.

While the possibilities for what goes in a *brodet* are endless, the options on how to cook it are

TRAVEL GUIDE *Dalmatian Coast, Croatia*

Dinner for two with drinks and tip

Inexpensive Under \$50 **Moderate** \$50–\$75 **Expensive** Over \$75

Croatian Airlines (croatiaairlines.com) flies from the country's capital, Zagreb, to the cities of Zadar, Split, and Dubrovnik on the Dalmatian coast, as well as to certain islands. For more information on planning your trip, contact the Croatian National Tourism Office (croatia.hr). —B.F.N.



WHERE TO EAT

Foša

Ulica Kralja Dmitra Zvonimira 2, Zadar (385/23/314-421; fosa.hr). Moderate. At this chic spot tucked into Zadar's old town, chef Damir Tomljanović's modern cooking showcases the best of land and sea, pairing the daily catch with puréed potato and creamed Swiss chard (an elegant take on *blitva*). Small plates—crispy cuttlefish fritters, fish carpaccio in citrus emulsion—round out the menu.



Konoba Opat

Uvala Opat, Otok Kornat, NP Kornati (mobile 385/91/473-2550; opat-kornati.com). Moderate. As one of the only restaurants in the beautiful Kornati archipelago, this

Check In *The 3,000-year-old city of Zadar, the historic capital of the Dalmatian coast, is an excellent base from which to explore the area. Stay in Zadar's old town at the Hotel Bastion, Bedemi Zadarstih Pobuna 13 (385/23/494-950; hotel-bastion.hr; \$250 for a double), a boutique hotel built on the site of a 13th-century fortress with harbor views and a very good restaurant. For a taste of village life, stay in the sleepy town of Tisno on the island of Murter at the Hotel Tisno, Zapadna Gomilica 8 (385/22/438-182; hotel-tisno.hr; \$120 for a double), a private home expanded into a small, handsome hotel. —B.F.N.*

103-year-old establishment accessible only by boat could get away with much less than its perfectly executed lobster risotto, stewy langoustine *na buzaru*, and pristine grilled fish and clams. With the help of a wood-fired oven, the staff produces fresh bread daily.

Sopot

Ulica Sopotska 5, Benkovac (385/23/686-118; restaurant-sopot.com). Moderate. Situated 20 minutes from the coast in Croatia's idyllic hinterland, this rustic restaurant has been roasting lamb and cooking meat *peka*-style (long and slow under a clay dome) since 1904.

Zlatna Skoljka

Obala sv. Ivana 40, Jezera, Murter (385/22/438-024; zlatna-skoljka.com). Inexpensive. In the sleepy fishing village of Jezera on the island of Murter, this seaside trattoria specializes in classic Dalmatian cooking, with definitive renditions of dishes such as black cuttlefish risotto.



WHAT TO DO

Kornati National Park

Ulica Butina 2, Murter (385/22/435-740; kornati.hr). This archipelago of 140 mostly unpopulated islands is a playground for sailors and nature lovers. Several reputable agencies, including Secret Dalmatia (secretdalmatia.com), provide daylong tours of these otherworldly islets and reefs.

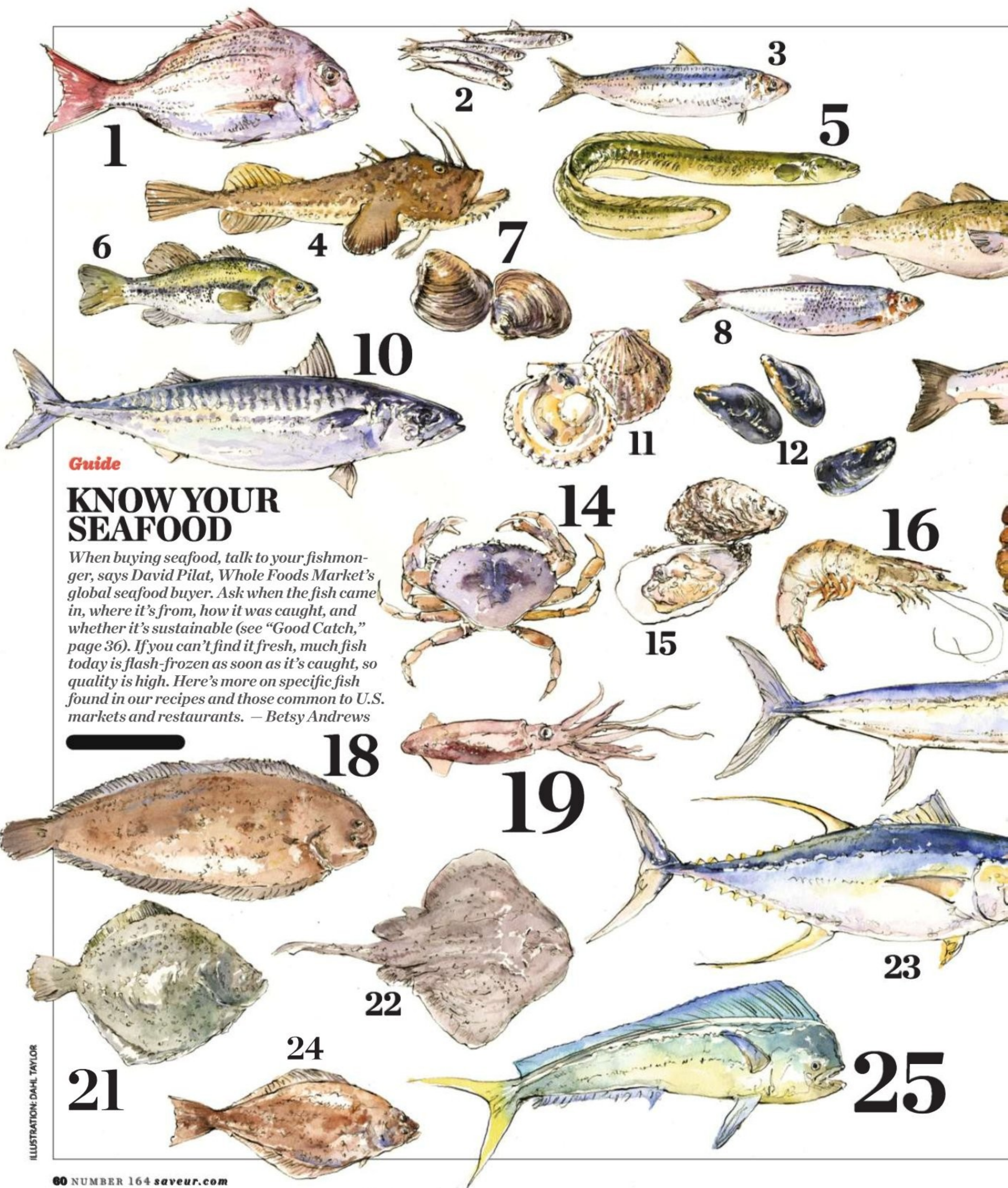


not: You put the pot on the fire and don't stir; 30 minutes later, you are done. Around two, everyone seemed to know it was time for *ručak*. Ciciliani's children returned from sailing lessons with their instructor in tow. Her husband, an assistant to the local harbormaster, stopped by from work. We ate sardines with capers, breaded eels, and, offsetting their richness, sharp, crisp radish slices tossed with mayonnaise, olive oil, and lemon juice. Wine was poured. When the *brodet* was served it looked like a child's cartoon of a fish stew, with chunks of fillet, squid rings, and eel parts. The monkfish was sweet and chewy, the fragrant broth the color of gold. A tourist poked his head in the open window and asked to take a picture. We toasted him.

THE NEXT DAY, my mother and I finally went for *ručak* at my cousin Ante's. When we arrived, his wife, Seka, was making soup. A row of fish rested like bars of silver in a marinade next to the stone oven. "In Croatia, a fish must swim three times: once in the sea, once in oil, and once in wine," Ante said.

As was custom, we started with the soup, a straightforward fish broth fortified with rice, its heat and starch preparing our stomachs for the meal to come. Ante served us each a grilled bream, and we set to work picking at the flaky white fish, its skin crisped and charred from the grill. Seka passed a bowl of *blitva*, young chard steamed with potatoes. I sucked the spine of my fish clean and laid it on my plate. A breeze came up on the patio.

"Dalmatian cooking is simple, really. Fish, oil, vegetables, salt, and pepper, and that's it," Seka said, shrugging. Behind us the town was still. Plum cake appeared but no coffee—after *ručak*, always, comes a nap.



Guide

KNOW YOUR SEAFOOD

When buying seafood, talk to your fishmonger, says David Pilat, Whole Foods Market's global seafood buyer. Ask when the fish came in, where it's from, how it was caught, and whether it's sustainable (see "Good Catch," page 36). If you can't find it fresh, much fish today is flash-frozen as soon as it's caught, so quality is high. Here's more on specific fish found in our recipes and those common to U.S. markets and restaurants. — Betsy Andrews



1 SEA BREAM This lean round fish of one to two pounds boasts flaky sweet flesh similar to that of branzino, bass, or snapper. It's great grilled whole. Gilthead sea bream, or dorada, is sustainably farmed in Nova Scotia.

2 ANCHOVY Salted and canned in oil, this tiny fish adds pungency to classics like Caesar salad. Look for the Marine Stewardship Council's (MSC) blue eco-label. Spanish white fillets, *boquerones*, are pickled or smoked. The fresh fish has a delicate umami taste and is good for grilling or curing.

3 HERRING These small oily fish spoil easily, so they're traditionally preserved in vinegar or salt (sometimes with the addition of sour cream), smoked, or canned and labeled as sardines, pilchards, sprats, or silds.

4 MONKFISH Along with its sumptuous liver (Japanese *ankimo*), the part of this fish that's eaten is its tail. Dense and buttery, this "poor man's lobster" stays firm in braises.

5 EEL Though oil-rich eel takes well to smoking, or to glazing and grilling as with Japanese freshwater *unagi* and seawater *anago*, the depleted species is not sustainable; mackerel is a great substitute.

6 SEABASS This buttery white fish is tasty steamed or grilled whole, or citrus-cured for ceviche. Monterey Aquarium's Seafood Watch lists many sustainable fisheries for black, striped, and Chilean sea bass, barramundi, and branzino.

7 CLAMS Tender littlenecks (seven to ten a pound)

are great raw or in pasta. Cherrystones (five to seven a pound) and razor clams can be sautéed, broiled, baked, or, as with soft-shell clams, steamed. Large quahogs (two to four a pound) soften in chowder, while the siphons of huge geoducks are best cured. There are lots of sustainable options.

8 SARDINE Though often canned, this oily member of the herring family is remarkably versatile when fresh (see "Forgotten Fish," page 30). Pacific purse seine catches are sustainable.

9 COD Fresh or frozen, flaky cod comes in skinless fillets for poaching, baking, or deep-frying, while preserved salt cod goes into dishes like fried cod fritters. Alaskan and Icelandic catches are sustainable.

10 MACKEREL Though it's sold canned like sardines (look for an MSC label), when fresh, this dark-fleshed fish is buttery and unexpectedly delicate in flavor. Try it broiled or roasted.

11 SCALLOPS The stars of coquilles St-Jacques, large sea scallops are delectable when seared and sauced. Hand-picked diver scallops are best, but most are dredged or farmed. Tiny sweet bay scallops are great baked or tossed in pasta. Seafood Watch lists sustainable fisheries for them all.

12 MUSSELS Affordable and abundant, these velvety mollusks are infused with flavor when steamed in the shell in white-wine-and-shallot *moules marinières* or tossed with pasta in a *frutti di mare*.

13 SALMON Wild Pacific salmon, fished from May to September, is

firmer and more flavorful than farmed Atlantic salmon. Large fatty Chinook comes in steaks or fillets; smaller types are sometimes available whole.

14 CRAB Of the many sustainable U.S.-caught varieties, East Coast blue crabs are sold live in summer, while Dungeness are found live in winter and spring. Cooked, pasteurized "lump" (body) meat is available all year.

15 OYSTERS These bivalves develop distinctive flavors from sweet to salty depending on where they're harvested or farmed. They're terrific raw on the half shell, as well as roasted, fried, or in stews.

16 SHRIMP Though shrimp are rarely sold head-on, try asking for the heads; they add umami richness to dishes like *frutti di mare*. Shrimp shells make excellent stock. U.S.-farmed Oregon pink and Canadian Pacific spot prawns are sustainable.

17 LOBSTER The American lobster boasts magnificent claw and tail meat. It's most succulent in summer when molting, but soft-shells don't ship well, so they're not found far from the Northeast coast.

18 SOLE Though prized Dover sole is named for a British port, U.S. Pacific varieties of this flatfish are the most sustainable. Mainly sold in markets as skinless fillets, this delicate foil for butter-rich sauces is traditionally filleted tableside at high-end restaurants.

19 SQUID Mild and chewy, squid's body can be stuffed and grilled whole or sliced into rounds and fried or sautéed with its tentacles.

Its ink, sometimes sold separately, flavors and tints pasta and risotto. U.S. fisheries are the most sustainable.

20 SWORDFISH Sold in thick, meaty steaks and loin cuts, this massive fish has the oil-rich meat to withstand high heat and strong seasonings. Look for it harpoon and hand line caught.

21 TURBOT Mainly sold as skinless fillets, this flaky flatfish is richer than sole or flounder. It's wonderful roasted or crusted and pan-fried. Halibut is a natural substitute.

22 SKATE With a strong, slightly earthy flavor, kite-shaped skate is sold separated into its two flat, fibrous wings. The meat crisps nicely when pan-fried in butter. Ocean-friendly markets like Whole Foods, however, don't carry the overfished species.

23 TUNA Sustainable varieties—sold fresh as steaks and loins, or processed for canning—include U.S. pole- and troll-caught bigeye, albacore, yellowfin, and skipjack. Coveted for sushi, the fatty, red-fleshed bluefin has been overfished.

24 HALIBUT Fluffy and light, the thick fillets of this largest of flatfish take to all sorts of preparations, from poaching to pan-frying in a flavorful crust. Wild-caught U.S. Pacific halibut is the most sustainable.

25 MAHIMAH Best caught with longlines or hand lines in warm Hawaiian or Ecuadorian waters, this firm, mellow-tasting fish is lovely grilled or seared. It's often paired with tropical flavors. Snapper can substitute.

HEART OF THE SEA

In the center of Barcelona's Boqueria market, past the beehive arrangements of produce but before the dangling haunches of pork, is the market's heart. Arrayed in three concentric ovals are its seafood vendors, each stall dedicated to fish, shellfish, or salted offerings such as large dried planks of *bacalao*, salted cod. Like their brethren at fish markets the world over, sellers and buyers engage in a cacophonous verbal dance as you wait your turn, inhaling memories of the ocean and feasting on the colors before you: the corsage reds and pinks of the pristine *gambas*, prawns from just up the coast in Palamós; the shimmering blue-gray skin of the sardines; the dense ruby blocks of *mojama*, salt- and air-cured tuna with a concentrated aroma and an intense flavor of the sea, ready to be sliced like an oceanic *jamón ibérico*. The expansive Mediterranean is only half a mile away, but as you stand in the middle of the *mercat*, it seems even closer than that. (boqueria.info) —Sofia Perez





F

From Western Waters

A drive along Oregon's coast reveals soaring sand dunes, enchanting fishing towns, and some of the most memorable seafood dishes you'll likely find anywhere



By Jane and Michael Stern
Photographs by Corey Arnold and
Ingalls Photography

U.S. 101—A TWO-LANE road that snakes through California, Oregon, and Washington, nearly all of it along the Pacific—might be the most sublime drive in America, especially the 363-mile segment that runs along the Oregon coast, where we traveled last spring. As we traversed cliffside expanses, we spied pods of gray whales passing by in ocean waters. When the road dipped down to sea level, we stopped to ride horses between towering dunes and rocky shoreline on a broad beach studded by colossal basalt rock formations.

We had always wanted to visit this part of the country. We knew it as the place our dear friend the late James Beard loved so much. Long ago, the famed American culinarian regaled us with reminiscences of summer trips from his family's Portland home to a beach cabin in the oceanside town of Gearhart. It was there, he told

Contributing editors JANE and MICHAEL STERN are the authors of roadfood.com. Their most recent article for SAVEUR was "Welcome to Candy Land" (March 2014).





THE COASTAL COOKING ISSUE

Parmesan-crusted halibut with broccolini and mashed potatoes from the Pacific Way Cafe (see page 83 for recipe).



**WE KNEW THIS AS THE PLACE WHERE
OUR DEAR FRIEND THE LATE JAMES
BEARD LEARNED TO SAVOR WILD
BERRIES, HAZELNUTS, AND SALMON**



OREGON ALES

Oregon has long been celebrated for its pioneering craft beers, many of which go great with the state's seafood. Inspired by the Discovery Channel's *Deadliest Catch*, **Rogue Captain Sig's Northwestern Ale** is a creamy India red ale with notes of milk chocolate and hoppy orange zest. Try it with smoked salmon. The nutty caramel malts in **Full Sail Amber Ale** are balanced by pungent piney hops. Its sweetness harmonizes with oilier fish like albacore tuna. **Grassy Heater Allen Pils**, a Bohemian-style pilsner, has a spicy bite from Czech

Saaz hops and a complex roundness that matches with rich Dungeness crab. **Pelican Pub & Brewery Kiwanda Cream Ale** (pictured) is a smooth brew with a touch of corn sweetness. Its dry finish complements fried seafoods like salt cod cakes. **The Commons Urban Farmhouse Ale** comes from a small Portland brewery that makes yeast-forward beers, including this rustic farmhouse ale. Hazy and lemony, it has notes of clove and pear, plus alluring bubbles and dryness, making it a perfect foil for a creamy chowder.



us, that he learned to savor wild berries, hazelnuts, and salmon—silvery coho and the mighty Chinook, the Pacific's largest salmon species, caught in the ocean or in the region's rivers during their treacherous upstream migrations to spawn.

But salmon is just part of the state's seafood bounty. Oregon also offers halibut, albacore tuna, whiting, clams, oysters, shrimp, and, best of all, Dungeness crab. Though named after the town of Dungeness in Washington, this wide-bodied crustacean is found in abundance in Oregon. And, from an economic standpoint, it's the state's most important catch. Not even considered food until the late 19th century, Dungeness crabs are now trapped from December through mid-August, their sweet, tender meat served in everything from chowders to savory dips. We were eager to sample it all.

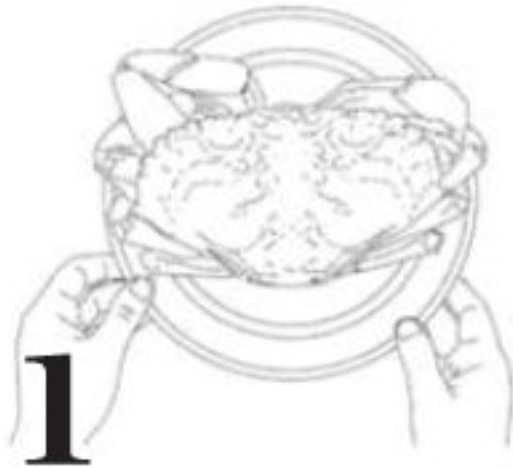
We concentrated our journey in the upper third of the state, driving from the mouth of the Yaquina River north to the great Columbia at Oregon's northern border; it's a portion of coastline that lies within an accessible two-hour drive from Portland. In South Beach, where the Yaquina spills into its bay, we gobbled lunch at South Beach Seafood, a fish market attached to a 24-hour convenience store selling an immense inventory of energy drinks and beer. The ultra-casual café on the premises serves impeccable Dungeness crab, cooked straight off the boat in cauldrons by the highway out front. Their shelled meat is sold in pearly lumps piled into a plastic cup, alongside a wedge of lemon and some optional horseradish-heavy hot sauce. Taking a seat at a picnic table, we enjoyed ours the way Beard once told us to—unadorned.

Like other outfits dotting the coast (see "Up in Smoke," page 69), South Beach Seafood uses hickory and alderwood to smoke salmon, tuna, sturgeon, sable, mussels, and oysters. Wild Chinook

From top: Dog owners and their pets walk along an Oregon beach punctuated by enormous basalt rock formations; clam risotto with grilled shrimp from Ocean Bleu @ Gino's (see page 80 for recipe).

HOW TO CLEAN CRABS

There are two basic kinds of crabmeat: the white, firm, sweet meat of the body, often sold as “lump,” and the darker, more strongly flavored leg and claw meat. Chef Charlie Branford of Local Ocean Seafood in Newport, Oregon, shared his technique for cleaning Dungeness crab, though the method works just as well for blue crabs and other similarly structured varieties. If starting with a live crab, kill the crab by stabbing it between the eyes with the tip of your knife, then steam or boil it for eight minutes per pound (about 15 minutes per crab). —*Farideh Sadeghin*



1

Place a cooked, cooled crab upside down in a shallow bowl to catch any juices; reserve juices for stock (see page 84 for recipe).



2

Remove the thin, pale triangular apron on the underside by flipping it up with your thumb, away from the mouth; pull toward back of shell and **discard**.



3

Turn crab over. While holding the body in place, pry off the carapace—it should detach easily. Rinse top shell and reserve for stock (see page 84 for recipe).



4

Using your fingers, remove the spongy gills; remove the hinged mouth by breaking it off on either side. Discard gills and mouth, along with organs. Rinse the body; break in half.



5

Detach the legs and claws from the body; using a mallet or cracker, break them open and remove meat with a seafood pick.



6

With the leg sockets facing upward, slice each half of the body lengthwise and remove the meat; reserve shells for stock.





SALMON IS JUST ONE PART OF OREGON'S SEAFOOD BOUNTY. THE STATE ALSO OFFERS HA OYSTERS, SHRIMP, AND—BEST OF ALL—DUNGEN



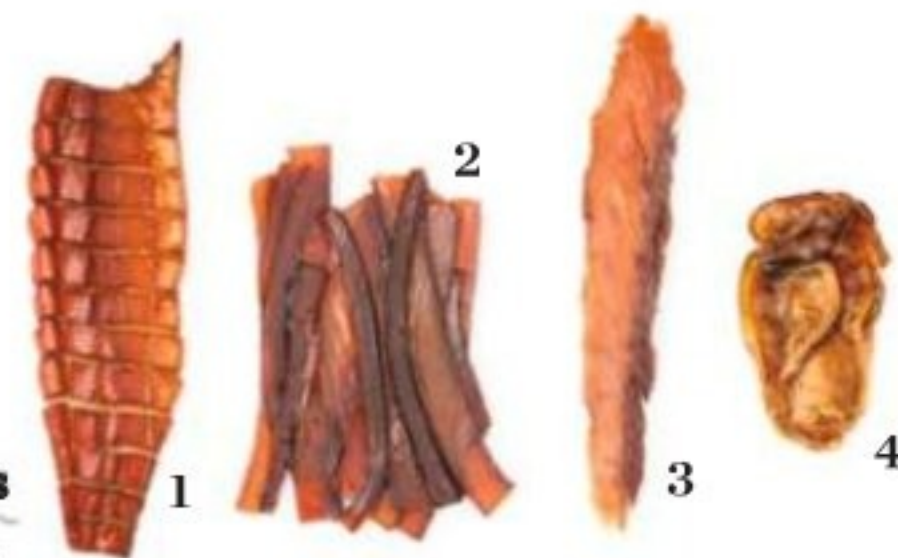


LIBUT, ALBACORE TUNA, WHITING, CLAMS, ESS CRABS



UP IN SMOKE

In small smokehouses along the Oregon coast, brined or cured Pacific Ocean seafood is exposed to the smoke of burning and smoldering hickory and alderwood to infuse it with rich, woody flavor. Many of these smokehouses ship their product across the country. Among our favorites are those from Josephson's, a fourth-generation family operation in Astoria. We love the sweet glaze on the meaty fillet that makes up its **1 Hot Smoked Wine-Maple Salmon** (\$40/lb.). Josephson's also employs indirect cold smoking to slowly add flavor to the fish before blasting it with a drying heat to



make its **2 Hot Smoked Salmon Jerky** (\$10/3 oz.). The jerky comes seasoned in six different varieties, including garlic and sweet-and-hot peppered. Smoking since 1940, Bell Buoy of Seaside sources fat-rich Columbia River Chinook for its **3 Smoked Salmon Strips** (\$18/lb.) and big, plump Willapa Bay bivalves for its **4 Smoked Oysters** (\$26/lb.), which are soaked in sweet brine and treated to a light amount of heat so they retain their natural tenderness. —Farideh Sadeghin

salmon is made into “candy” by glazing nuggets of its smoked pink flesh with pepper and brown sugar. Each firm, moist piece packs a provocative woods-meet-sea punch.

The following morning we headed over the Yaquina Bay Bridge to Newport, the self-proclaimed Dungeness Crab Capital of the World, and were immediately taken with the city's bustling harbor, which was filled with fishing boats unloading crabs, as well as salmon and halibut. It was here that Oregon's commercial seafood industry began in the mid-19th century, when prolific oyster beds became a source for restaurants in San Francisco. Oregon's coast is home to plenty of sustainable fishing operations, both small and large, that haul in, cure, can, and even cook their catches. Newport's main drag, Bay Boulevard, is lined with canneries, fish-packing plants, and a bounty of seafood restaurants and fishmongers. The best meals in town, we were told, could be had at opposite ends of the waterfront, at Local Ocean Seafoods and a place called Ocean Bleu @ Gino's, both seafood markets with adjacent eateries.

At Local Ocean Seafoods, we found each variety of fresh fish marked with a placard indicating which vessel had caught it and by which fishing technique: hook-and-line, purse seine, trawl, pots, longline. No farmed shrimp or salmon here! We perched at the counter facing a lively open kitchen and took in the aroma of a briny shrimp stock that sat bubbling in a great pot on the stovetop. As we watched the high-spirited staff compose beautiful plates of food, we were continually fed lagniappes: a sliver of grilled tuna, a seared scallop, a coconut prawn.

Local Ocean's house fish buyer, Amber Morris, a red-cheeked

Clockwise from top left: Local Ocean Seafoods' shortcake parfait; diners at South Beach Seafood; crab cakes from Ocean Bleu @ Gino's; a South Beach Seafood customer; Local Ocean's roasted garlic and Dungeness crab soup; Ocean Bleu's Dungeness crab and shrimp cheese dip. Recipes begin on page 74.

CLOCKWISE FROM TOP LEFT: COREY ARNOLD (1, 2, 4); INGALLS PHOTOGRAPHY (3, 5, 6)



TRAVEL GUIDE *Oregon Coast*

Dinner for two with drinks and tip **Inexpensive** Under \$25
Moderate \$25–\$75 **Expensive** Over \$75

For help planning your own journey along Highway 101, contact the Oregon Coast Visitors Association (visittheoregoncoast.com).

WHERE TO EAT

Bowpicker Fish & Chips (1636 Duane Street, Astoria; 503/791-2942). *Inexpensive*. Known for its beer-battered albacore tuna and fluffy steak fries, this take-out joint is in a dry-docked fishing boat.

Local Ocean Seafoods (213 SE Bay Boulevard, Newport; 541/574-7959; localocean.net). *Moderate*. Slurp down a bowl of Dungeness crab soup while gazing at fishing boats on the Yaquina Bay at this eatery

attached to a seafood market.

Ocean Bleu @ Gino's (808 SW Bay Boulevard, Newport; 541/265-2424; oceanbleuseafoods.com). *Moderate*. This restaurant serves sustainable dishes like pan-fried crab cakes and clam risotto with grilled shrimp.

Mo's Restaurant (622 SW Bay Boulevard, Newport; 541/265-2979). *Moderate*. Mo's has drawn everyone from Robert F. Kennedy to George W. Bush for its rib-sticking clam chowder.

Pacific Way Bakery & Cafe (601 Pacific Way, Gearhart; 503/738-0245; pacificwaybakery-cafe.com). *Moderate*. This popular breakfast spot also offers comfort-food dinners like parmesan-crusted halibut.

South Beach Seafood (3640 South Coast Highway, South Beach; 541/867-6800; southbeachfishmarket.com). *Inexpensive*. This fish market and restaurant sells impeccable smoked salmon, Dungeness crabs, and raw oysters.

Rest Up: An ideal home base for an Oregon coast journey is the Salishan Spa and Golf Resort (7760 Highway 101 North; Gleneden Beach; 541/764-3600). Its luxurious rooms feature gas fireplaces, natural stone walls, and views of the Pacific.



woman with an infectious smile who is known to regulars as the Fish Goddess, told us she keeps costs down and wares fresh by heading out to the docks each morning to buy directly from about 50 fishermen. As we downed cups of Dungeness crab soup glowing with roasted garlic and pulled hunks of snowy grilled halibut off wooden skewers that topped a brilliant *panzanella* salad, we sighed with pleasure, and the Fish Goddess beamed. There was just one dessert on the menu, and it was swoon-worthy: a “parfait” of lemon shortcake layered with berries, mangoes, and whipped cream.

LATER THAT DAY WE headed to Ocean Bleu @ Gino's. This modest little joint serves seafood sourced from boats berthed right across the street: tiny, sweet Yaquina oysters harvested just upriver; black cod, salmon, and sable, which are smoked in-house; Dungeness crabs delivered live to a seawater tank. We dug into Ocean Bleu's gooey warm dip of crab, sour cream, Monterey Jack, and parmesan, followed by perfectly pan-fried crab cakes, their creamy filling leavened with whipped egg whites and bolstered by puréed scallops, and their golden crusts topped with spicy chipotle aioli and cool pineapple salsa. Throwing caution to the wind, we ordered one more entrée: paprika-dusted grilled shrimp and whole Manila clams served in a creamy risotto infused with the mollusks' juice. Our shared food coma reaching its peak, we headed back to the hotel, beyond satiated but eager for the next day's journey: a two-hour drive to the village of Gearhart, James Beard's boyhood vacation spot.

Gearhart is home to about 1,500 people, a surprising number of whom crowd into a convivial coffee shop called Pacific Way Bakery & Cafe each morning. It's a tiny spot with a couple of chairs and counter stools, plus outdoor tables under which customers' dogs hunt for crumbs. We started the day here with pastries, coffee, and conversations with locals, who strongly suggested we come back for dinner. That evening we feasted on Pacific Way's hefty parmesan-crusted halibut fillets, the flavor of the flaky white fish punched up with a snappy parsley sauce. Served alongside sautéed broccoli rabe and mashed potatoes, their earthy, clean taste enhanced with roasted garlic and a touch of chicken stock, it was just the type of American comfort food Beard would have loved.

Our last stop, the city of Astoria, a mere 20 minutes away at the northernmost end of Oregon's coastal highway, lacks the dramatic natural charisma that defines so much of the state's oceanfront, but it has a gritty sea-town appeal all its own. A good example of this aesthetic is Bowpicker (the first syllable is pronounced like the front of a boat), a restaurant housed in a small dry-docked fishing vessel. As we shared our final meal of the trip, a simple order of fish and chips that turned out to consist of beer-battered hunks of albacore tuna coated in a crisp gossamer crust, we wondered aloud what made the batter so delicious. “It's a secret,” said a waitress, “but we don't know what the secret is.” We speculated that, perhaps like Ocean Bleu's crab cake, the batter was leavened by folding in egg whites. If the fried seafood of the Oregon coast shares this secret, we wouldn't be surprised; after all, it was a technique we learned ourselves years ago from an Oregon son named Beard. 🐟

Travelers sample a thick Pacific Northwest-style clam chowder at Mo's Restaurant in Newport, Oregon.

🍷 **Bucatini ai Frutti di Mare**
(Seafood Pasta)

SERVES 4-6

The recipe for this shellfish-laden pasta comes from chef Michael Chiarello.

- 1 2-lb. live lobster
- 1 cup olive oil
- 1 tbsp. crushed red chile flakes
- 6 cloves garlic, chopped
- 2 carrots, sliced, plus $\frac{1}{2}$ cup fresh carrot juice
- 1 bulb fennel, sliced
- 1 leek, white part only, sliced
- 1 medium yellow onion, sliced
- 1 cup dry white wine
- 1 tbsp. saffron threads
- 1 tsp. chopped thyme
- $1\frac{1}{2}$ lb. littleneck or Manila clams
- 12 raw jumbo shrimp, peeled and deveined, tails left on
- 8 whole squid, cleaned and sliced, plus tentacles
- 1 28-oz. can whole peeled tomatoes, crushed by hand
- 1 lb. bucatini, cooked al dente
- Kosher salt, to taste
- Zest of 1 lemon
- Roughly chopped parsley, for garnish

Cook lobster in boiling water until tender, 12-15 minutes; chill. Remove and chop meat; chop shells. Heat $\frac{1}{2}$ cup oil in an 8-qt. saucepan over medium-high heat; cook shells until golden, 7-8 minutes. Add chile flakes, half the garlic, the carrots, fennel, leek, and onion; cook until soft, 8-10 minutes. Add half the wine; cook until evaporated, 2-3 minutes. Add carrot juice, saffron, thyme, and $1\frac{1}{2}$ cups water; simmer 10 minutes. Purée in a blender; strain sauce. Wipe pan clean; heat remaining oil over medium-high heat. Cook remaining garlic and wine, the clams, shrimp, squid, and tomatoes, covered, until shells open, 5-7 minutes. Add reserved lobster and sauce, the pasta, salt, and zest; cook 5 minutes. Garnish with parsley.



ON THE WATERFRONT

In seaside villages all over Italy, family lore rests upon a handful of dishes. *Frutti di mare* is one of them. The dish originated on the docks. Boats came in, the fishermen sold what they could, and they threw what was left in the pot: clams, shrimp, squid. That's the romance of it, and the genius. Nothing goes to waste. It's just a humble fishermen's stew, sometimes served over pasta. But, believe me, men have been strangled over arguments about who makes the best. —Michael Chiarello



Everyman's Fish

One writer recounts his lifelong love for the tuna sandwich, the unsung hero of the American lunch

By Tom Carson
Illustration by Dahl Taylor

LONG GONE from Washington, D.C., Sholl's Colonial Cafeteria in 1968 was the kind of place that reminded you of everything pleasant about America's humdrum side. Yet nothing about the United States was humdrum to me because I was a State Department brat who'd grown up abroad.

Now that we had moved home again (whatever "home" meant), I had to keep trying new foods if

I wanted to eat at all. Sometime that summer, while my family was camped out at a temporary apartment near Dupont Circle on the taxpayers' dime, I ate my very first tuna-salad sandwich at Sholl's. It was a classic, meaning basic: mayo and canned tuna on white bread with a dab of iceberg lettuce. While most restaurants anywhere north of Sholl's in culinary pride would consider it unworthy of the dignity of

being plated, no tuna sandwich I've eaten since has come close to its thunderous bestowal of citizenship.

Of course, 1968 was eventful in far more profound ways. That spring my father, a loyal Democrat, had muttered, "Oh, no" and wept as Lyndon Baines Johnson announced he wouldn't run for re-election. Robert F. Kennedy and Martin Luther King were both assassinated.

August brought the Democratic convention, with Chicago cops and protesters swaying in disharmony like a carpet at war with its own patterns. This was my introduction to America.

Amid such unrest, that tuna sandwich represented tranquility. It didn't taste like some

TOM CARSON is the movie critic for GQ magazine. This is his first article for SAVEUR.



confusing assassination somewhere, though the tuna in question might disagree. It didn't taste like splinters from a billy club or life in a hotel. Saying it tasted like color TV is getting closer to the sensation. It was comforting, accessible. It tasted like democracy. One bite turned me American, launching a love affair with tuna sandwiches—and a quest to recover that magic moment—that continues to this day.

As introductions to democracy go, tuna had the right pedigree. In the 19th century, it was immigrant food. Most Americans considered tuna a trash fish. But then sport fishing was invented, as per Andrew Smith's *American Tuna* (University of California Press, 2012), and eventually the gentleman's struggle to tackle one of the ocean's most impressive predators popularized tuna and led to its exploitation as a cheap canned food for the masses.

The lowly tuna sandwich became a common sight in diners and Automats after the turn of the last century, when, amid the burgeoning American mania for convenience, we fell in love with new food-packaging technologies. Though the canneries of the early 20th century went the way of other American industries—offshore—the U.S. today consumes nearly a third of the world's canned tuna. Drained of its own oil to ensure its blandness and packed with water or vegetable oil, tinned tuna inculcated itself into our popular cuisine.

AS I LOOK BACK, my adult love affair with the tuna-salad sandwich falls neatly into three Proustian phases. Back in 1988, having broken up with the girlfriend I'd moved to Los Angeles

with three years earlier, I was living near the Hollywood Freeway and coming as close to turning into a barfly as I ever will. Since they were within walking distance, I made the rounds almost nightly of the local dive bars: the Gaslight, the Firefly, the shabby, venerable Frolic Room.

Come closing time, the 7-11 on the way home was my final stop. One night I discovered they had added a new sandwich: the Tuna Laguna, a thing of glory encased in the convenience-store chain's crust-challenged idea of a baguette. In an added touch of elegance—and compared with most bachelor food, tuna salad does become one's operative definition of elegance—two puzzled-looking walnuts sat

AMID THE UNREST OF 1968, THE TUNA SANDWICH AT SHOLL'S REPRESENTED TRANQUILITY. IT WAS COMFORTING AND ACCESSIBLE. IT TASTED LIKE DEMOCRACY. ONE BITE TURNED ME AMERICAN

atop the filling, peering up at me like Dr. T.J. Eckleburg's eyes in *The Great Gatsby*.

Love was what I was looking for at the Gaslight, the Firefly, and the Frolic Room, but since I was not having luck at any of them, I fell in love with the Tuna Laguna instead. Soon I could almost taste those puzzled walnuts as I ordered one more beer while AC/DC's "Highway to Hell" blasted and pretty girls with trashy eyes vied with trashy girls with pretty eyes for the attentions of someone else. Soon I was not waiting until closing time. In short, the Tuna Laguna saved me from turning barfly.

Luckily for me, by the time it was taken off the menu, I was no longer single. At home, my new wife and I were learning to cook, and 7-11s were a dimming memory. The handiest place to get a

bag lunch near the office of the L.A. alternative weekly she and I both worked for was a twee shop called What a Friend We Have in Cheeses. Their tuna sandwich was a beauty. Thick sourdough, sprouts, tomato, and the gooiest havarti topped a hefty heap of tuna. I put on ten pounds in two months. That's when I decided that I'd better work at home, but I felt no obligation to lose the ten pounds. I was married, and they were a very *contented* ten pounds.

Flash forward to the present. That marriage is over. But in my capacity as *GQ*'s movie reviewer, my attendance at the Toronto Film Festival is ongoing. Each year I stay at the Metropolitan Hotel, home of Lai Wah Heen, one of the best dim sum restaurants in North Amer-

ica. My oldest film-fest crony loves the place. But he's lucky to lure me there even once; I prefer the Subway around the corner. Every night I place the same order: "A six-inch tuna on Italian herbs and spices. Yes, cheese. Lettuce, tomato, pickles, onions. No, that's it."

By festival's end, the night guy knows my order by heart, and I can tell he thinks I'm weird. I don't care. Movie viewing like this each day is the cinephile equivalent of looking for love at L.A. bars. My six-inch tuna on Italian herbs and spices provides the same comforting hedge against disappointment that the Tuna Laguna did when Ronald Reagan was in office and life and I were on the outs.

Even back home in the States, Subway is my most trustworthy pseudo-Sholl's fix. You have to

admit that, when it comes to democratic eating experiences, the franchise is hard to beat, since you're tasting something at once generic and, within limits, customized. It's homely confirmation that the system works.

IN THE 40-PLUS years since I first fell in love with that sandwich at Sholl's, have I tried to re-create it? Many times. But I finally gave up, because there always seemed to be an ingredient missing. I've tried many elaborations on the default celery, onions, and mayonnaise. Would pickles do it? Would capers or olives bring back Sholl's?

Through all of these experiments, I've come to realize this about the democratic quality of tuna salad: You can get only so elaborate before you realize that if you're in the mood for something fancy, you should make something else. I can live with some lunatic notions of what an ideal tuna salad should include: jalapeños and lime juice; edamame and miso; fennel and orange and crème fraîche; sriracha and sesame seeds. I've even dabbled in curried and lemon-pepper tuna salads. But I once made a food writer laugh by telling him why I drew the line at adding chopped egg: "That's a *drunk's* idea of tuna salad."

While my love of tuna sandwiches will never die, the truth is that no array of garnishes will ever feature the missing ingredient from Sholl's. I now know what it was and why it's irrecoverable. The missing ingredient is the evidence that even the tumultuous summer of 1968 could be benign. The missing ingredient is that I was a 12-year-old newcomer to my own country. The missing ingredient is that, as I beheld my first tuna sandwich, I didn't yet know what one tasted like. 

The Recipes

Here you'll find our favorite recipes from Croatia's Dalmatian coast, Saint-Pierre and Miquelon, and the Oregon shore. We've also assembled information to help you make the most of the catch, from buying tips and cooking techniques to essential tools, versatile sauces, and great riffs on the tuna sandwich.

Appetizers & Sides

★ Blitva

(Swiss Chard with Potatoes)

SERVES 4-6

Garlicky hunks of potato are mixed with wilted Swiss chard in this quick Croatian side dish (pictured on page 55), a great accompaniment to grilled fish.

- 1 lb. Yukon gold potatoes, peeled and cut into 1" pieces
- Kosher salt and freshly ground black pepper, to taste
- $\frac{1}{3}$ cup olive oil
- 6 cloves garlic, thinly sliced
- 1 lb. Swiss chard, tough stems removed, tender stems and leaves torn into 2" pieces

Boil potatoes in a 4-qt. saucepan of salted water until tender, 5-7 minutes; drain and set aside. Add oil to saucepan; place over medium-high heat. Add garlic; cook until soft, 1-2 minutes. Add potatoes; cook, stirring occasionally, until golden, 5-7 minutes. Stir in Swiss chard; cook until wilted, about 5 minutes; season with salt and pepper.

Charlotte d'Asperges au Crabe

(Crab and Asparagus Terrine)

SERVES 10-12

Cooked, chopped shrimp or scallops can be substituted for crab in this asparagus-adorned terrine (pictured on page 75).

- Kosher salt and freshly ground black pepper, to taste
- $\frac{1}{2}$ lb. pencil asparagus, trimmed and cut into 1" pieces
- $\frac{1}{2}$ cup homemade fish stock (see recipe, page 84) or store-bought, chilled
- 1 tbsp. powdered gelatin
- 4 oz. goat cheese, softened
- 2 cups small curd cottage cheese, drained overnight
- 2 tbsp. minced parsley
- 1 tbsp. minced chives
- 1 tbsp. minced dill
- 1 small red bell pepper, roasted, peeled, seeded, and minced
- 10 oz. cooked snow crabmeat, finely shredded
- Sliced tomato, for garnish (optional)

1 Bring a 4-qt. saucepan of salted water to a boil; cook asparagus until tender, 1-2 minutes. Transfer to a bowl of ice water until cold; drain. Line a 10" cake pan with plastic wrap, leaving 4" hanging over edges; set aside.

2 Place half the stock in a large bowl; sprinkle in gelatin and let sit 10 minutes. Bring remaining stock to a simmer in a 1-qt. saucepan; whisk into gelatin mixture. Stir in cheeses, parsley, chives, dill, bell pepper, salt, and pepper; fold in crab. Spoon mixture into prepared pan; fold edges of plastic wrap over top and chill until firm, at least 1 hour. To serve, unmold onto a serving platter and discard plastic wrap; arrange asparagus over top and sides and garnish with sliced tomato, if you like.

Crab Cakes with Chipotle Aioli and Pineapple Salsa

SERVES 4

Puréed scallops and whipped egg whites lend heft and creamy texture to these crab cakes (pictured on page 69) from Ocean Bleu @ Gino's restaurant in Newport, Oregon.

For the aioli and salsa:

- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{4}$ cup grated parmesan
- $\frac{1}{2}$ tbsp. fresh lemon juice
- $\frac{1}{2}$ tsp. paprika
- $\frac{1}{4}$ tsp. cayenne
- 1 canned chipotle pepper in adobo sauce, seeded and minced
- Kosher salt and freshly ground black pepper, to taste
- $\frac{1}{4}$ cup minced cilantro
- $\frac{1}{2}$ each small green and red bell peppers, stemmed, seeded, and minced
- $\frac{1}{4}$ pineapple, minced
- $\frac{1}{4}$ small white onion, minced

For the crab cakes:

- 3 tbsp. unsalted butter
- 2 tbsp. mayonnaise
- 1 tbsp. minced parsley
- 2 tsp. Old Bay seasoning
- 1 tsp. baking powder
- 1 tsp. dry mustard
- $\frac{1}{4}$ tsp. freshly ground black pepper
- 3 large sea scallops
- Kosher salt, to taste
- 1 lb. cooked Dungeness crabmeat, shredded
- $1\frac{1}{3}$ cups panko bread crumbs
- 2 egg whites, whipped into stiff peaks
- 2 tbsp. olive oil

1 Make aioli and salsa: Stir mayonnaise, parmesan, lemon juice, paprika, cayenne, chipotle, and salt in a bowl; chill aioli. Stir cilantro, bell peppers, pineapple, onion, salt, and pepper in a bowl; set salsa aside.

2 Make the crab cakes: Purée 1 tbsp. butter, the mayonnaise, parsley, Old Bay, baking powder, mustard, pepper, scallops, and salt in a food processor until smooth; transfer to a bowl. Add crab, 1 cup panko, and egg whites to scallop mixture; fold until combined. Form into eight 3-oz. patties and roll in remaining panko; chill 20 minutes.

3 Melt remaining butter and the oil in a 12" skillet over medium

heat. Cook crab cakes, flipping once, until golden and cooked through, 6-8 minutes. Serve with aioli and salsa.

Creamy Mushroom and Mussel Tart

SERVES 8-10

Mussels are blanketed under a thick cheese-and-cream mor-nay sauce in this savory tart recipe (pictured on page 42) from Miquelon home cook Paulette Boissel.

For the crust:

- $1\frac{1}{2}$ cups flour, plus more
- 9 tbsp. unsalted butter
- $\frac{1}{4}$ tsp. kosher salt
- 5 tbsp. ice-cold water

For the filling:

- 2 cups dry white wine
- 3 dozen mussels, scrubbed
- 4 tbsp. unsalted butter
- 3 cloves garlic, minced
- 1 small yellow onion, minced
- 2 tsp. minced thyme
- 1 tsp. dried savory
- $\frac{1}{2}$ tsp. fennel seeds
- 10 white button mushrooms, roughly chopped
- $\frac{1}{3}$ cup flour
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{2}$ cup milk
- $2\frac{1}{2}$ cups grated Gruyère
- 2 tbsp. minced parsley, plus leaves for garnish
- $\frac{1}{4}$ tsp. freshly grated nutmeg
- Zest and juice of 1 lemon
- Kosher salt and freshly ground black pepper, to taste

1 Make the crust: Pulse flour, butter, and salt in a food processor until pea-size crumbs form. With motor running, add water; pulse until dough forms. Flatten dough into a disk and wrap in plastic wrap; chill 1 hour.

2 Make the filling: Bring wine to a simmer in a 6-qt. saucepan over medium-high heat. Add mussels; cook, covered, until shells open, 2-3 minutes. Transfer mussels to a bowl and discard shells; reserve $\frac{1}{4}$ cup cooking

liquid in another bowl. Add butter to pan; melt over medium-high heat. Cook garlic and onion until golden, 5–7 minutes. Add thyme, savory, fennel, and mushrooms; cook until soft, 4–5 minutes. Stir in flour; cook 2 minutes. Stir in reserved cooking liquid, the cream, and milk; bring to a boil. Cook until sauce is thick, 2–3 minutes. Stir in reserved mussels, 1½ cups Gruyère, the parsley, nutmeg, zest and juice, salt, and pepper.

3 Assemble and bake the tart: Heat oven to 375°. On a lightly floured surface, roll dough into a 13" round about ¼" thick. Transfer to a 13" pizza pan. Using a fork, prick dough all over. Line dough with parchment paper and fill with pie weights or dried beans; bake until golden, 35–40 minutes. Remove paper and weights; let cool. Spread filling over crust, leaving a ½" border; sprinkle with remaining cheese. Bake until filling is golden and bubbly, about 35 minutes; garnish with parsley leaves.

Dungeness Crab and Shrimp Cheese Dip

SERVES 8

Ocean Bleu @ Gino's in Newport, Oregon, uses Dungeness crab for this indulgent cheese dip (pictured on page 68), but snow or jumbo lump crabmeat works just as well.

Unsalted butter, for greasing

- 1½ cups sour cream
- 1 cup grated parmesan
- 1 cup shredded Monterey Jack

Clockwise from top left: tuna pâté; scallop and leek terrine; lobster mousse; crab and asparagus terrine; smoked salmon stuffed with cottage cheese and crab. Recipes start on facing page. For tips on how to shape and garnish these dishes, visit SAVEUR.COM/TERRINES



Buying and Storing Whole Fish

One advantage of buying whole fish is that it's easy to tell if it's fresh. Here's what to look for:

- 1** The eyes should be bright and shiny, not cloudy or sunken.
- 2** Look for bright red gills; avoid fish whose gills are a dark rust color.
- 3** If you poke a freshly caught fish lightly with your finger, the flesh will spring back quickly rather than remain indented.
- 4** The skin of a fresh fish glistens with a rainbow sheen.
- 5** Use your nose as well as your eyes and hands: The freshest fish will smell like the ocean; it will not smell fishy.

Once you take your catch home, use it quickly—within a day or two—as it's highly perishable, or freeze it. Proper storage is key to maintaining quality. Store whole fish in the coldest part of your fridge wrapped in parchment or butcher's paper on a tray of crushed ice. Make sure the fish does not come in direct contact with ice, which can cause frost damage. Change the ice frequently, as melting ice will waterlog the flesh, deteriorating the flavor and texture. —*Judy Haubert*



- 4 cloves garlic, minced
- 1 8-oz. package cream cheese, softened
- Kosher salt and freshly ground black pepper, to taste
- 1 lb. cooked Dungeness crabmeat, finely shredded
- 8 oz. raw medium shrimp, peeled, deveined, and roughly chopped
- $\frac{1}{4}$ cup panko bread crumbs
- 1 tsp. paprika
- 2 tsp. minced parsley
- Sliced baguette, toasted

Heat oven to 350°. Grease eight 6-oz. ramekins or an 8" square baking dish with butter. Stir sour cream, parmesan, half the Monterey Jack, the garlic, cream cheese, salt, and pepper in a bowl; fold in crab and shrimp. Divide between prepared ramekins; sprinkle with remaining Monterey Jack, the panko, and paprika; bake until browned and bubbly, 20–25 minutes. Garnish with parsley; serve with baguette.

Mousseline de Homard

(Lobster Mousse)

SERVES 10–12

Lobster meat, cream, and cayenne are chilled in a lobster-shaped mold to make this airy hors d'oeuvre (pictured on page 75), which can be garnished to create a whimsical appearance.

- $\frac{1}{2}$ cup homemade fish stock (see recipe, page 84) or store-bought, chilled
- 1 tbsp. powdered gelatin
- 1 lb. cooked fresh or frozen lobster meat, thawed
- $\frac{3}{4}$ cup mayonnaise
- $\frac{1}{2}$ tsp. cayenne
- Kosher salt, to taste
- 1 cup heavy cream
- Canola oil, for greasing
- Lettuce leaves, sliced
- lemon, and tomato, for garnish (optional)

1 Place half the stock in a food processor; sprinkle in gelatin and let sit 10 minutes. Bring

remaining stock to a simmer in a 1-qt. saucepan; transfer to processor and purée until combined. Add lobster, mayonnaise, cayenne, and salt; purée until smooth. Using a rubber spatula, press lobster mixture through a fine-mesh sieve into a bowl; set aside.

2 Whip cream in a bowl until stiff peaks form; fold into lobster mixture. Spread into a greased 1-qt. fish-shaped mold (see page 86). (Alternatively, line a 1-qt. bowl with plastic wrap and fill with mixture.) Chill until set, 1 hour; unmold onto a serving platter; garnish with lettuce leaves, lemon, and tomato, if you like.

Pâté de Thon

(Tuna Pâté)

SERVES 10–12

Canned tuna is enlivened with fresh herbs, lemon, and a dash of sherry in this velvety dip (pictured on page 75).

- 1 tbsp. powdered gelatin
- 2 tbsp. olive oil, plus more
- 1 tsp. minced rosemary
- $\frac{1}{2}$ small yellow onion, roughly chopped
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{4}$ cup parsley leaves
- 2 tbsp. dry sherry
- 2 6-oz. cans tuna, packed in oil, drained
- Zest of 1 lemon
- Kosher salt and freshly ground black pepper, to taste
- $\frac{3}{4}$ cup heavy cream
- Sliced cucumber, lemon, and olives, for garnish (optional)

1 Place 2 tbsp. cold water in a food processor; sprinkle in gelatin and let sit 10 minutes. Add 2 tbsp. boiling water; purée until combined. Heat oil in a 10" skillet over medium-high heat. Add rosemary and onion; cook until onion is golden, 5–7 minutes, and transfer to food processor. Add mayonnaise, parsley, sherry, tuna, lemon zest,

salt, and pepper; purée until smooth; transfer to a bowl.

2 Whip cream in a bowl until stiff peaks form; fold into tuna mixture. Spread into a greased 1-qt. fish-shaped mold (see page 86). (Alternatively, line a 1-qt. bowl with plastic wrap and spread mixture evenly into bowl.) Chill until set, 1 hour; unmold onto a serving platter; garnish with cucumber, lemon, and olives, if you like.

Roasted Garlic and Dungeness Crab Soup

SERVES 6

For the recipe for this silky soup (pictured on page 68), store-bought stock can be used, but nothing matches the intense flavor of homemade crab stock.

- $\frac{3}{4}$ cup olive oil
- 12 cloves garlic, roughly chopped
- 1 large shallot, minced
- 1 cup dry white wine
- $\frac{1}{2}$ cup rice or all-purpose flour
- 5 cups Dungeness crab stock (see recipe, page 84)
- 2 cups half & half
- Kosher salt and freshly ground black pepper, to taste
- 1 cup grated parmesan
- 1 cup cooked Dungeness crabmeat, finely shredded
- Fennel fronds, for garnish (optional)

Bring oil and garlic to a simmer in a 4-qt. saucepan over medium heat. Cook until golden, 3–4 minutes. Using a slotted spoon, transfer garlic to a paper towel. Add shallot to pan; cook over medium-high heat until soft, 2–3 minutes. Add wine; cook until reduced by half, 3–4 minutes. Stir in flour; cook 2 minutes. Whisk in stock, half & half, salt, and pepper; cook until slightly thickened, 8–10 minutes. Stir in half the parmesan. Divide soup between six bowls; garnish with reserved garlic, remaining

parmesan, the crab and, if you like, fennel fronds.

Rosemary Focaccia

SERVES 10-12

Toasted carob powder, yogurt, and grated sweet potato add complex flavor and chewy texture to this Croatian take on focaccia (pictured on page 55) from home cook Tatjana Ciciliani.

- 2 cups all-purpose flour
- 1 cup rye flour
- 1 cup whole wheat flour
- 3 tbsp. toasted carob powder (see page 86)
- 1 tsp. minced rosemary, plus 2 tbsp. leaves
- 1 tsp. minced thyme
- 2 cups water, heated to 115°
- 1 tbsp. active dry yeast
- 1¼ cups plain yogurt, drained overnight
- 5 tbsp. olive oil, plus more
- 1 tbsp. kosher salt, plus more to taste
- 1 tsp. honey
- 1 small sweet potato (about 6 oz.), peeled and grated

1 Whisk flours, carob powder, minced rosemary, and thyme in a bowl. In the bowl of a stand mixer fitted with a hook, combine water and yeast; let sit until foamy, about 10 minutes. Add yogurt, 2 tbsp. oil, salt, honey, and potato; combine. With the motor running, slowly add flour mixture until dough forms. Increase speed to medium-high; knead until dough is smooth, 2-3 minutes. Cover with plastic wrap; set aside 1 hour.

2 Transfer dough to a greased 13" x 18" rimmed baking sheet and, using your fingers, spread dough into pan. Sprinkle rosemary leaves and salt over dough and, using your fingertips, press dough all over to form dimples; let sit, uncovered until slightly puffed, about 1 hour.

3 Heat oven to 400°. Drizzle remaining oil over focaccia;



Fish Tools

When you're working with fish, whether whole fish or fillets, it helps to have the right tools. The **1 Winco fish spatula** is perfect for maneuvering pan-seared fillets. Ultra-thin, tapered, and flexible, the stainless-steel head slides easily under delicate cuts, and the splayed slotted design helps keep fish in one piece and allows cooking oil to drip back into the pan. **2 Messermeister stainless fish pliers** have a cross-hatched jaw that's ideal for gripping and removing stubborn pin bones without damaging the surrounding flesh. Use **3 Wüsthof's 7" flexible fillet knife** for removing fillets from whole fish; the springy blade skips easily over the ribs, helping to guide your hand as you cut. **4 Winco's fish scaler** has serrated teeth that provide plenty of friction against smooth scales, quickly popping them from the skin. The thin blade of **5 Wüsthof's flexible salmon slicing knife** slides between the skin and flesh of a fillet; its 12" length makes skinning even large sides of salmon a manageable task. For purchasing information, see THE PANTRY, page 86. —J.H.

bake until golden and cooked through, 30-35 minutes.

★ Roulade de Saumon aux Crabes des Neiges

(Smoked Salmon Stuffed with Cottage Cheese and Crab)

SERVES 10-12

This elaborate appetizer (pictured on 75) is based on one served at the seafood festival on the Atlantic island of Miquelon. We use snow crab in this recipe, but Dungeness or jumbo lump crabmeat works just as well.

- 14 slices smoked salmon
- ½ cup homemade fish stock (see recipe, page 84) or

- store-bought, chilled
- 1 tbsp. powdered gelatin
- 4 oz. cream cheese, softened
- 2 cups small curd cottage cheese, drained overnight
- 3 tbsp. minced chives
- 2 tbsp. minced dill
- 2 tbsp. minced tarragon
- Kosher salt and freshly ground black pepper, to taste
- 10 oz. cooked snow crab meat, finely shredded
- Lettuce leaves and sliced lemon twists, for garnish (optional)

1 Line a work surface with plastic wrap; arrange salmon slices,

overlapping slightly, in a 14" row over plastic; set aside.

2 Place half the stock in a large bowl; sprinkle in gelatin and let sit 10 minutes. Bring remaining stock to a simmer in a 1-qt. saucepan; whisk into gelatin mixture. Stir in cheeses, chives, dill, tarragon, salt, and pepper; fold in crab. Spread mixture lengthwise along center of salmon leaving a 1" border at each end; fold ends of salmon over filling. Working from one long end and using plastic wrap to lift and guide, roll salmon up and over filling, creating a log; twist ends of plastic wrap to secure. Chill until firm, about 1 hour. To serve, unwrap and transfer to a platter; slice crosswise into 1"-thick slices. Garnish with lettuce leaves and sliced lemon twists, if you like.

Salata od Rotkvice

(Croatian Radish Salad)

SERVES 4

This citrusy radish salad (pictured on page 54) is a cool, palate-cleansing side for whole grilled fish.

- 2 tbsp. mayonnaise
- 2 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- 1 tbsp. minced parsley
- 1 tsp. minced thyme
- Kosher salt and freshly ground black pepper, to taste
- 2 bunches small radishes, trimmed and thinly sliced

Whisk mayonnaise, oil, lemon juice, parsley, thyme, salt, and pepper in a bowl; stir in radishes. Chill salad 15 minutes before serving.

★ Terrine de St-Jacques aux Poireaux

(Scallop and Leek Terrine)

SERVES 8

Piment d'Espelette and curry powder contribute a warming kick to this custardy terrine (pictured on page 75).

Catch of the Day

❖ Jing Lou Yu (Cantonese-Style Steamed Sea Bass)

SERVES 2-4

This recipe for whole bass, adapted from one in Grace Young's *The Wisdom of the Chinese Kitchen* (Simon & Schuster, 1999), calls for a wok, but a 12" skillet can also be used. A drizzle of hot oil brings out extra flavor and crisps the skin.

- 1 12-14 oz. whole sea bass, cleaned and dried
- 1½ tsp. kosher salt
- 4 dried shiitake mushrooms, stemmed
- 1 tbsp. shaoxing jiu (Chinese rice wine)
- ½ tsp. sugar
- 3 cloves garlic, minced
- 2 scallions, julienned
- 1 3" piece ginger, peeled and julienned
- ¼ cup canola oil
- 2 tbsp. soy sauce
- 6 tender sprigs cilantro

1 Place bass on a baking sheet fitted with a rack; season cavity and outside with salt. Let air-dry 30 minutes; transfer to a heatproof platter. Soak mushrooms in 1 cup boiling water until softened, about 30 minutes; drain and slice. Mix mushrooms, wine, sugar, garlic, half the scallions, and the ginger in a bowl; rub over outside and in cavity of bass.

2 Bring 1" water to boil in a 14" flat-bottomed wok fitted with an 11" bamboo steamer. Place platter with bass in steamer base and cover; steam until cooked through, 12-15 minutes. Remove platter. Heat oil in a 1-qt. saucepan over medium-high heat until shimmering; drizzle over fish. Garnish with remaining scallions, the soy sauce, and cilantro.

IN PERFECT HARMONY

The Cantonese consider steaming the most harmonious cooking method; it accentuates the natural sweetness of fresh whole fish (see "Buying and Storing Whole Fish," page 76), while locking in its moisture. In the old days, when people traveled by boat, they believed that if the fish was flipped during eating, their boats would later capsize. So it's bad luck to turn a fish over. Instead, you eat from the top fillet down, removing the spine midway and devouring the bottom fillet from the inside. And, of course, the greatest delicacy of all is the fish's cheeks. —Grace Young



- Kosher salt, to taste
- 1 medium carrot, cut into ½" pieces
 - 1 medium leek, white and light green parts only, halved and sliced ½" thick crosswise
 - 1 cup heavy cream
 - ½ cup flour
 - 1 tbsp. minced chives
 - 1 tbsp. minced dill
 - 2 tsp. minced parsley
 - 1 tsp. piment d'Espelette (see page 86)
 - ½ tsp. curry powder
 - 6 eggs
 - Zest of 1 lemon, plus 2 tsp. juice
 - 8 large sea scallops, cut into ½" pieces
 - Unsalted butter, for greasing
 - Lettuce leaves and tomato rosettes, for garnish (optional)

1 Bring a 4-qt. saucepan of salted water to a boil. Cook carrot and leek until soft, 3–5 minutes; transfer to an ice bath until cold, then drain and set aside. Whisk cream, flour, chives, dill, parsley, piment d'Espelette, curry powder, eggs, lemon zest and juice, and salt in a bowl until smooth. Fold in reserved carrot and leek, and the scallops; set aside.

2 Heat oven to 375°. Grease a 1½-qt. terrine mold or loaf pan with butter and line with parchment paper, leaving 4" hanging over edges. Spread scallop mixture into prepared mold; place in a roasting pan. Pour boiling water into pan to reach halfway up sides of terrine; bake until top is golden brown and filling is firm, 45 minutes to 1 hour. Let cool in roasting pan; remove and chill, uncovered, until cold, about 30 minutes. Holding edges of parchment paper, lift terrine out of mold and transfer to a serving platter. Cut crosswise into 1"-thick slices; garnish with lettuce leaves and tomato rosettes, if you like.

Nine Takes on the Tuna Sandwich

Canned tuna—whether water- or oil-packed, plain or smoked—lends itself to any number of inspired sandwich preparations. Below are nine delicious interpretations of the classic tuna sandwich.



Mediterranean

Mix 3 tbsp. each roughly chopped cornichons and walnuts, 2 tbsp. each olive oil and whole-grain mustard, 1 drained (4-oz.) can tuna, salt, and pepper in a bowl; serve on multigrain toast with butter lettuce.



Tuscan

Mix ¼ cup roughly chopped sun-dried tomatoes, 3 tbsp. each olive oil and roughly chopped capers, 1 drained (4-oz.) can tuna, salt, and pepper in a bowl; serve on ciabatta with basil leaves and sliced mozzarella.



Provençal

Mix 2 tbsp. each minced artichoke hearts, pitted niçoise olives, and olive oil, ½ tsp. paprika, 1 drained (4-oz.) can tuna, and salt in a bowl; serve on a roll with roasted peppers, sliced hard-boiled egg, and lettuce.



Curried

Mix 3 tbsp. mayonnaise, 2 tbsp. each currants and finely chopped apricots, 1½ tsp. mild curry powder, 1 drained (4-oz.) can tuna, salt, and pepper in a bowl; stuff into naan or pita bread.



Edamame-Miso

Mix ¼ cup shelled edamame, 2 tbsp. sesame chile oil, 1½ tsp. white miso, 2 minced scallions, 1 drained (4-oz.) can tuna, 1 minced small red chile, salt, and pepper in a bowl; serve on toasted country bread.



Taco Truck

Purée ¼ cup cilantro leaves, 2 tbsp. olive oil, 1 tbsp. lime juice, and 1 seeded jalapeño in a food processor; stir in 1 drained (4-oz.) can tuna, salt, and pepper; roll in a tortilla with julienned radish and sliced avocado.



Sushi Bar

Mix 3 tbsp. mayonnaise, 1½ tbsp. sriracha, 1 tbsp. rice wine vinegar, 1 tsp. black sesame seeds, ½ tsp. white sesame seeds, 1 drained (4-oz.) can tuna, salt, and pepper in a bowl; serve on Hawaiian or potato rolls with sliced cucumber.



Lemon-Pepper

Mix 2 tbsp. each minced parsley, red onion, and olive oil, 1 tsp. coarse black pepper, 1 drained (4-oz.) can tuna, zest and juice of 1 lemon, and salt in a bowl; serve on rye with sliced red onion and arugula.



Fennel-Orange

Mix ¼ cup crème fraîche, 1 tbsp. grated orange zest plus 2 tbsp. juice, 2 tbsp. minced fennel, 1 drained (4-oz.) can tuna, salt, and pepper in a bowl; serve on a toasted baguette with fennel fronds.



Nice Cans

When we buy canned tuna, we like it to be sustainable. Among our favorites: Spain's **1 Conservas Ortiz Bonito Del Norte in Olive Oil** (7.8 oz.) has a clean, classic flavor. Sweet, woodsy **2 Fishermen's Wharf North Pacific Premium Smoked Albacore** (7.5 oz.) is cured in brown sugar and sea salt and smoked over alderwood. **3 NW Wild Products Pacific White Albacore** (6.5 oz.) has a delicate brininess. Tender, pungent albacore belly makes up **4 Conservas Ortiz Ventresca** (4 oz.). Yellowfin tuna is soft and rich in Sicily's **5 Flott Solid Light Tuna in Pure Olive Oil** (2.8 oz.). Water-packed **6 Sustainable Seas Solid Albacore No Salt Added** (4 oz.) is mild and versatile. **7 Wild Planet Wild Albacore Tuna Fillets** (4.5 oz.) have a sardinelike depth. The oil lends nutty flavor to **9 365° Chunk White Albacore Tuna in Extra Virgin Olive Oil Salt Added** (5 oz.). Tender, saline **9 Skipanon Brand Albacore Tuna** (6 oz.) is packed in its own juices. **10 Buoy's Best Select Fancy Solid Packed Smoked Tuna** (7 oz.) is touched with light smoke. (See page 86.) —B.A.



How to Pan-Fry Fish

One of the simplest and most rewarding ways to prepare fish is to pan-fry a skin-on fillet. The method yields browned, crispy skin on the outside and flaky, moist meat inside, all in a matter of minutes. That is, if you do it properly. Here are a few ways to help make sure you do: **1** Choose the right fish for frying—red snapper, salmon, and sea bass are preferred by restaurant chefs because of their thin, quick-cooking, flavorful skin; avoid tough-skinned species such as tuna and swordfish. **2** Make sure to dry fillets completely using paper towels before cooking. **3** If the skin is particularly thin, slice a few shallow incisions along the edges, which will help prevent curling. **4** Season fillets with salt and pepper just before you cook them—if you salt too early, the salt will draw moisture out of the flesh, making the skin soggy and leaving you with a tough, dry fillet. **5** Use a pan that distributes heat evenly—cast-iron, stainless-steel, and heavy nonstick models work best—and bring it up to temperature, over medium-high heat, before adding a thin slick of oil. **6** Add the fillets to the pan skin side down. If using a cast-iron or stainless-steel pan, the skin may stick at first, as proteins bond with the metal surface, but as the fillet cooks and its proteins set, it will release on its own. **7** At this point, gently agitate the pan to help keep the skin from burning as it crisps. After a few minutes, turn the fish over so that the flesh side is in contact with the pan, to finish cooking through, about 1 minute. Serve with lemon wedges or one of our favorite French sauces (see page 81 for recipes). —Farideh Sadeghin

Mains

★ Boulettes de Morue

(Salt Cod Fritters)

SERVES 4–6

Salt cod fritters (pictured on page 42), a specialty of Saint-Pierre and Miquelon, gain herbaceous dimension from potatoes cooked in a wine-laced court bouillon.

- 1 lb. salt cod
- 2 cups dry white wine
- 1 cup olive oil
- 1 tbsp. whole black peppercorns, plus freshly ground to taste
- 5 sprigs parsley
- 5 sprigs thyme
- 2 bay leaves
- 1 carrot, halved lengthwise
- 1 large yellow onion (half left whole, half minced)
- Kosher salt, to taste
- 2 lb. russet potatoes, scrubbed
- 2 cloves garlic, minced
- ¼ cup minced chervil
- 3 tbsp. unsalted butter, softened
- 1 cup flour
- Lemon wedges, for serving

1 Place cod in a 2-qt. saucepan and cover with 2" cold water; bring to a boil over high heat and cook for 20 minutes. Drain cod, return to saucepan and repeat process twice more. Transfer cod to a bowl and flake with a fork into large chunks; set aside.

2 Bring wine, 2 tbsp. oil, peppercorns, parsley, thyme, bay leaves, carrot, whole onion half, salt, and 5 cups water to a boil in a 4-qt. saucepan. Reduce heat to medium and add potatoes; cook until tender, 25–30 minutes. Drain, and, using tongs, transfer potatoes to a bowl and chill. Peel and mash potatoes; add to cod.

3 Heat 2 tbsp. oil in a 12" skillet over medium-high heat. Cook

minced onion and garlic until golden, 5–7 minutes; add to cod with chervil, butter, salt, and pepper; combine. Form mixture into ten 2-oz. balls; roll in flour and chill 20 minutes.

4 Wipe skillet clean and heat half the remaining oil over medium-high heat. Working in batches, and adding more oil as needed, fry cod balls, turning as needed, until golden, 8–10 minutes. Using a slotted spoon, transfer to paper towels to drain and season with salt and pepper; serve with lemon wedges.

★ Brodet

(Croatian Fish Stew)

SERVES 8

In this Croatian seafood stew (pictured on page 52), the ingredients are layered but not stirred to keep the delicate fillets intact.

- 1 cup packed parsley leaves
- ½ cup olive oil, plus more
- ¼ cup fresh lemon juice
- 14 cloves garlic, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 1 lb. skinless monkfish fillets, pin bones removed
- 1 lb. skinless sea bass fillets, pin bones removed
- 10 oz. raw medium shrimp, peeled and deveined, tails removed
- 6 raw, unpeeled langoustines (optional), heads on
- 1 lb. Yukon gold potatoes, peeled and thinly sliced
- 2 small leeks, white and light green parts only, halved and thinly sliced
- 1 large red onion, thinly sliced
- 1 large yellow onion, thinly sliced
- 1 cup dry white wine
- 1 28-oz. can whole peeled tomatoes, crushed by hand

1 Purée parsley, half the oil, the lemon juice, half the garlic, salt, and pepper in a food processor until smooth. Transfer to

a bowl with monkfish, sea bass, shrimp, and, if using, the langoustines; toss to combine and chill 10 minutes.

2 Grease an 8-qt. Dutch oven with oil. Toss remaining garlic, the potatoes, leeks, and onions in a bowl; spread ⅓ of the mixture in bottom of pan; add ⅓ each the remaining oil, the wine and the tomatoes. Remove shrimp and langoustines from marinade and set aside; arrange ⅓ of the remaining fish mixture over the top. Repeat layering and add 1 cup water; cover and boil. Reduce heat to medium-low; cook, shaking pan occasionally, but not stirring, until fish and vegetables are tender, 12–15 minutes. Add shrimp and langoustines; cover and cook until pink, about 5 minutes more.

Clam Risotto with Grilled Shrimp

SERVES 4

Clam juice amplifies this creamy risotto (pictured on page 66) adapted from a dish at Newport, Oregon's Ocean Bleu @ Gino's.

- 5 cups homemade fish stock (see recipe, page 84) or store-bought
- 3 tbsp. unsalted butter
- 3 cloves garlic, minced
- 1 small shallot, minced
- 1 cup Arborio rice
- ¼ cup dry white wine
- 1½ cups packed baby spinach
- ⅓ cup clam juice
- ¼ cup grated parmesan
- ¼ cup heavy cream
- 20 hard-shell clams, such as littleneck or Manila, scrubbed
- Kosher salt and freshly ground black pepper, to taste
- 16 raw jumbo shrimp, peeled and deveined, tails on
- 1½ tsp. paprika
- ¼ tsp. cayenne
- Lime wedges, for serving

1 Heat stock in a 2-qt. saucepan over medium heat. Melt

butter in a 6-qt. saucepan over medium-high heat. Add garlic and shallot; cook until soft, 3–4 minutes. Add rice; cook until lightly toasted, about 4 minutes. Stir in wine; cook until evaporated, 1–2 minutes. Add $\frac{1}{2}$ cup warm stock; cook, stirring, until absorbed, about 2 minutes. Continue adding stock, $\frac{1}{2}$ cup at a time and cooking until absorbed before adding more, until rice is tender and creamy, about 16 minutes total. Stir in spinach, clam juice, parmesan, cream, clams, salt, and pepper. Cook, covered, until clams open, 5–7 minutes.

2 Heat a charcoal grill or set a gas grill to medium-high. (Alternatively, heat a cast-iron grill pan over medium-high heat.) Season shrimp with paprika, cayenne, and salt; grill, flipping once, until slightly charred and cooked, 3–5 minutes. Divide risotto between 4 plates; top with shrimp and serve with lime wedges.

★ **Coquilles St-Jacques** (*Gratinée Scallops*)

SERVES 6

For this classic French preparation (pictured on page 43), scallops are broiled with mushrooms in a cream sauce topped with bubbling cheese.

- $\frac{3}{4}$ cup dry vermouth
- 1 bay leaf
- 1 large shallot, quartered
- Kosher salt and freshly ground white pepper, to taste
- 18 medium sea scallops
- 8 tbsp. unsalted butter
- 16 oz. button mushrooms, sliced $\frac{1}{4}$ " thick
- 3 tbsp. flour
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{2}$ tsp. fresh lemon juice
- $1\frac{1}{2}$ cups grated Gruyère

1 Boil vermouth, bay leaf, shallot, salt, white pepper, and $\frac{1}{2}$ cup water in a 4-qt. saucepan over medium heat. Add scallops; cook

★ **Riba na Rostilju** (*Whole Grilled Fish with Lemon*)

SERVES 6

Seka Salamun, a home cook in Tisno, Croatia, uses olive wood to impart a mild smokiness to this grilled fish (pictured on page 55). Though delicious with just a squeeze of lemon, it also pairs beautifully with the classic French fish sauces at right.

- 6 whole lean fish, such as sea bream, dorado, orange roughy, or sea bass, scaled, cleaned, and dried (about 1 lb. each)
- Kosher salt and freshly ground black pepper, to taste
- 3 tbsp. olive oil
- 2 lemons, quartered
- 1 bunch parsley, for serving (optional)

Heat a charcoal or woodburning grill or set a gas grill to medium-high. (Alternatively, heat a cast-iron grill pan over high heat.) Season cavity of fish with salt and pepper. Rub oil, salt, and pepper on the outside of fish; grill, flipping once, until slightly charred and cooked, 12–15 minutes. Serve with lemon wedges and parsley, if you like.

TIPS

When grilling whole fish, extra care is needed to avoid overcooking the flesh and burning the delicate skin. First, push the coals to one side of a charcoal grill or turn off one side of a gas grill to create an indirect grilling zone where you can move the fish if it starts to burn. Make sure the grill grate is clean and very hot, and then pat the fish dry, cover it with a light slick of oil, and place it on the grill. As with pan-searing (see facing page), the skin will stick to the grate at first, releasing as it crisps; when it releases completely, turn the fish over. Use a *plancha* or grill pan to hold small fish and prevent them from falling between the grates.

until just tender, 1–2 minutes. Using a slotted spoon, divide scallops between six cleaned scallop shells or shallow gratin dishes. Simmer cooking liquid until reduced to $\frac{3}{4}$ cup, 5–7 minutes. Strain liquid; set aside.

2 Wipe pan clean; melt 4 tbsp. butter over medium-high heat. Cook mushrooms until soft, 5–7 minutes. Divide mushrooms between scallop shells.

★ **1 Beurre Blanc**

This classic preparation from

Brittany is especially good over mild, flaky fish. Boil 1 cup dry white wine, $\frac{3}{4}$ cup white wine vinegar, and 2 minced shallots in a 1-qt. saucepan; reduce to $1\frac{1}{4}$ cups, 8–10 minutes. Reduce heat to low; slowly whisk in 16 tbsp. cold unsalted butter until smooth. Stir in 1 tbsp. heavy cream and season with salt and pepper. Makes 2 cups.

★ **2 Ravigoté**

Ravigoter means “to invigorate” in French, and indeed, this lightly acidic French sauce perks up the palate. Whisk $\frac{1}{3}$ cup sherry vinegar and 1 tbsp. Dijon mustard in a bowl; slowly whisk

in $\frac{1}{3}$ cup each canola and olive oils until emulsified. Fold in 1 tsp. each minced chive, parsley, and tarragon, 2 minced cornichons, 1 minced hard-boiled egg, $\frac{1}{4}$ minced shallot, salt, and pepper. Makes $1\frac{1}{2}$ cups.

★ **3 Tomato Coriander Broth**

This long-simmered sauce from Le Bernardin chef Eric Ripert adds aromatic intensity to grilled fish. Cook 2 tbsp. canola oil, 2 tsp. each coriander and cumin seeds, 4 sliced cloves garlic, and 2 sliced shallots in a 2-qt. saucepan over medium-high heat until golden, 3–5 minutes. Add 2 tbsp. tomato paste; cook 2 minutes. Add $\frac{1}{2}$ cup dry white wine and 1 minced plum tomato; reduce to 2 tbsp., 4–5 minutes. Add 2 cups chicken stock; simmer until thick, 18–20 minutes. Remove from heat and stir in 1 cup minced cilantro, 2 tbsp. fresh lemon juice, salt, and pepper; let sit 10 minutes and strain. Makes $1\frac{1}{4}$ cups.

Wipe pan clean; melt remaining butter over medium-high heat. Stir in flour; cook 2 minutes. Add reserved cooking liquid, the cream, lemon juice, salt, and white pepper; bring to a boil. Cook until sauce is slightly thick, about 6 minutes.

3 Heat oven broiler. Spoon sauce over scallops and top with Gruyère; broil until cheese is melted and golden, 2–3 minutes.

★ **Crni Rižoto**

(*Black Cuttlefish Risotto*)

SERVES 6–8

This Croatian risotto (pictured on page 55) gets its deep color from the addition of cuttlefish or squid ink (see page 86).

- 6 cups homemade fish stock (see recipe page 84) or store-bought
- 6 tbsp. olive oil
- 5 medium shallots, minced

HOW TO COOK AND CLEAN SHRIMP

When preparing a shrimp rémoulade (see page 27 for recipe), the late chef Warren Leruth of LeRuth's restaurant in New Orleans used this foolproof method for cooking and cleaning shrimp. While many chefs recommend boiling peeled shrimp in a court-bouillon (water flavored with aromatics), Leruth found that the crustaceans' natural flavor was masked that way. Instead, he cooked them unpeeled in unsalted water, dunked them in a heavily salted ice bath until cool, and then peeled and deveined them. His technique, which results in perfectly seasoned, tender meat, can be used with any variety of shrimp or prawns. —*Kellie Evans*



1

Rinse shrimp under cold running water; drain. Bring a large pot of water to a boil. Whisk $\frac{1}{4}$ cup salt and 4 cups cold water in a bowl; add 3 cups ice and set aside.



2

Add shrimp to boiling water; cook until water returns to a boil and shrimp turn pink, 1–2 minutes. Using a slotted spoon, transfer shrimp to salted ice bath.



3

When cool to the touch, peel shrimp by grasping their legs and pulling shell up and around the body.



4

Pinch off the tails; reserve tails and shells for fish stock (see page 84 for recipe) if you like.



5

Using a paring knife, make a shallow incision along the shrimp's curved back from head end to just above the tail; remove and discard vein.



- 4 cloves garlic, minced
- 3 lb. raw cuttlefish or squid, cleaned and sliced into 1" pieces, tentacles and 2 tsp. ink reserved
- 1 cup Arborio rice
- $\frac{1}{4}$ cup dry white wine
- 3 tbsp. minced parsley
- 1 tsp. grated lemon zest, plus 1 tbsp. juice
- Kosher salt and freshly ground black pepper, to taste

1 Heat stock in a 2-qt. saucepan over medium heat; keep warm. Heat half the oil in a 6-qt. saucepan over medium-high heat. Add half each the shallots and garlic; cook until soft, 3–4 minutes. Add sliced cuttlefish and tentacles; cook, stirring occasionally, until tender, about 5 minutes. Transfer to a bowl and cover with plastic wrap; set aside.

2 Add remaining oil to pan; heat over medium-high heat. Cook remaining shallots and garlic until soft, 3–4 minutes. Add rice; cook until lightly toasted, about 4 minutes. Stir in wine; cook until evaporated, 1–2 minutes. Add $\frac{1}{2}$ cup warm stock; cook, stirring, until absorbed, about 2 minutes. Continue adding stock, $\frac{1}{2}$ cup at a time and cooking until absorbed before adding more until rice is tender and creamy, about 16 minutes total. Stir in ink and cook until rice is completely coated and black. Remove from heat; stir in reserved cuttlefish mixture, the parsley, lemon zest and juice, salt, and pepper.

Homard en Croûte (Lobster Pot Pie)

SERVES 4

Brandy adds a luxurious note to these creamy lobster pot pies (pictured on page 45).

- 3 tbsp. unsalted butter
- 3 cloves garlic, minced
- 1 medium yellow onion, minced

- $\frac{1}{4}$ cup brandy
- 2 tbsp. flour, plus more
- $1\frac{3}{4}$ cups heavy cream
- 1 lb. raw fresh or frozen lobster meat, thawed and cut into $\frac{3}{4}$ " pieces
- $\frac{1}{8}$ tsp. freshly grated nutmeg
- Kosher salt and freshly ground black pepper, to taste
- 1 14-oz. package puff pastry
- 1 egg, beaten

1 Melt butter in a 4-qt. saucepan over medium-high heat. Add garlic and onion; cook until golden, 5–7 minutes. Add brandy; cook until reduced by half, 1–2 minutes. Whisk in flour; cook for 2 minutes. Add cream and bring to a boil; cook, stirring occasionally, until sauce is slightly thickened, 3–4 minutes. Stir in lobster, nutmeg, salt, and pepper.

2 Heat oven to 425°. Divide lobster mixture between four 8-oz. cocottes or ramekins set on a rimmed baking sheet. On a lightly floured surface, roll pastry into a 14" square; cut out four $4\frac{1}{2}$ " circles. Brush edges of cocottes with egg; place 1 circle over each and press to seal. Brush pastry with egg; bake until golden on top and filling is bubbly, 20–25 minutes.

Parmesan-Crusted Halibut with Broccoli Rabe and Mashed Potatoes

SERVES 4

At Pacific Way Bakery and Cafe in Astoria, Oregon, flaky cheese-crusted halibut fillets are topped with a bright parsley sauce and paired with pan-seared broccoli rabe and garlicky mashed potatoes (pictured on page 64).

- 1 cup roughly chopped parsley
- $1\frac{1}{8}$ cups olive oil
- Kosher salt and freshly ground black pepper, to taste

- 2 bunches broccoli rabe, stems trimmed
- 1 lb. Yukon gold potatoes, peeled and chopped
- $\frac{3}{4}$ cup chicken stock
- 10 cloves garlic (6 roasted and 4 minced)
- $\frac{1}{8}$ tsp. crushed red chile flakes
- 1 shallot, minced
- $\frac{3}{4}$ cup flour
- 2 eggs, beaten
- 1 cup panko bread crumbs
- $\frac{1}{2}$ cup grated parmesan
- 4 6-oz. fillets boneless, skinless halibut or cod

1 Purée parsley, $\frac{1}{4}$ cup oil, salt, and pepper in a food processor until smooth; set aside. Bring a 4-qt. saucepan of salted water to a boil; cook broccoli rabe until just tender, 1–2 minutes. Drain and transfer to an ice bath until chilled; spread on paper towels to dry. Add potatoes and 2 cups water to pan; boil until tender, 25–30 minutes, then drain and return to pan. Add stock, roasted garlic, salt, and pepper; mash until smooth and keep warm.

2 Heat 3 tbsp. oil in a 12" skillet over medium-high heat. Add minced garlic, chile flakes, and shallot; cook until soft, about 1 minute. Add broccoli rabe, salt, and pepper; cook, stirring occasionally, until golden, 3–4 minutes. Transfer to a plate; keep warm.

3 Place flour and eggs in 2 separate shallow dishes; mix panko and parmesan in another shallow dish. Wipe skillet clean; heat remaining oil over medium-high heat. Season halibut with salt and pepper; dredge in flour, dip in eggs, and coat in panko mixture. Fry, flipping once, until golden brown and cooked through, 3–4 minutes. To serve, divide mashed potatoes, broccoli rabe, and halibut between 4 plates; spoon reserved parsley sauce over halibut.

The Slice Is Right

All fish species fall into two basic categories: round and flat. Ranging from massive swordfish to tiny sardines, round fish have torpedo-shaped bodies. Flatfish, such as sole and halibut, are bottom dwellers with flat bodies. Larger fish are broken down into smaller cuts, each of which is good for particular types of cooking. Cuts should be clean-smelling and firm, with tight-knit, even-colored flesh that hugs the bone. Avoid cuts that are spongy or falling apart, **have a fishy smell, or show signs of yellowing or browning.**



Darne The darne, or steak, is a crosscut of a larger round fish such as salmon (above) or hake, usually one to two inches thick. It is sold skin-on and contains a section of backbone. The bone helps retain moisture during cooking, so this cut is great for high-heat methods: broiling, grilling, pan-searing. Crosscuts from flatfish are less common; they are often labeled tronçons.



Fillet This is the most common cut of fish and is taken from the sides of both round fish and flatfish. The fillets from larger fish such as cod tend to be sliced into individual portions, sometimes labeled supremes (above). Relatively thin and flat, fillets are versatile cuts that can be easily broiled, fried, grilled, braised, or pan-seared.



Loin Larger round fish such as swordfish and tuna (above) yield a primal cut known as the loin, taken from above the spine in the section spanning from the back of the head to just behind the dorsal fin. The loin is typically broken down into rich, meaty slabs, which are delicious pan-seared. —K.E.

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✦ Skampi na Buzaru

(Langoustines in Tomato, Garlic, and Wine Sauce)

SERVES 4-6

On Croatia's Dalmatian coast, shellfish are often prepared *na buzaru*, simmered in a brandy-and-wine-enriched tomato sauce (pictured on page 55). Langoustines are used here, but the preparation works just as well with shrimp, clams, or mussels.

- 1/3 cup olive oil
- 1/4 cup bread crumbs
- 8 cloves garlic, minced
- 1/2 small yellow onion, minced
- 3 tbsp. cognac or brandy
- 3/4 cup dry white wine
- 2 tbsp. tomato paste
- 1 15-oz. can whole peeled tomatoes, puréed
- Kosher salt and freshly ground black pepper, to taste
- 1 1/2 lb. raw, unpeeled langoustines or shrimp, heads on
- 1 tbsp. minced parsley
- 2 tsp. fresh lemon juice
- Country bread, for serving

Heat 1 tbsp. oil in a 12" skillet over medium heat. Cook bread crumbs until golden, 2-3 minutes; transfer to a bowl. Wipe skillet clean; heat remaining oil over medium-high heat. Cook garlic and onion until golden, 5-7 minutes. Slide pan off heat, add cognac, and, using a match, carefully ignite; return to heat and cook until flames die, 1-2 minutes. Add wine, paste, tomatoes, salt, and pepper; boil. Reduce heat to medium-low; add langoustines. Cook, covered, until pink, 4-5 minutes. Stir in reserved bread crumbs, the parsley, and lemon juice; serve with bread.

Stocks

✦ Dungeness Crab Stock

MAKES 10 CUPS

To make his roasted garlic and Dungeness crab soup (see page 76 for recipe), chef Charlie Branford of Newport, Oregon's Local Ocean Seafoods makes an intensely flavored stock using the shells of the crab.

- 1 tsp. crushed red chile flakes
- 1 tsp. dried thyme
- 8 sprigs parsley
- 5 whole black peppercorns
- 2 bay leaves
- 2 lemons, halved
- 2 whole live Dungeness crabs

- 2 tbsp. unsalted butter
- 2 carrots, roughly chopped
- 2 stalks celery, roughly chopped
- 1 large yellow onion, roughly chopped
- 1 small bulb fennel, roughly chopped
- 1 cup tomato paste
- 1 cup brandy
- 4 sprigs thyme

1 Bring chile flakes, dried thyme, parsley, peppercorns, bay leaves, lemons, and 16 cups water to a boil in an 8-qt. saucepan. Add crabs; boil until cooked, about 15 minutes. Using tongs, transfer crabs to an ice bath until chilled. Transfer cooking liquid, herbs, and lemons to a bowl; set aside. Clean crabs (see "How to Clean Crabs," page 67); reserve crabmeat for soup. Discard top shell, reserving brown meat and tomalley; chop crab leg shells into small pieces.

2 Add butter to pan; melt over medium-high heat. Cook carrots, celery, onion, and fennel until soft, about 15 minutes. Stir in tomato paste; cook 2 minutes. Add brandy; cook, stirring and scraping up bits from the bottom of the pan until reduced by half, 3-4 minutes. Add reserved cooking liquid, brown meat, tomalley, shells, and thyme; boil. Reduce heat to medium; cook until vegetables are tender and stock is slightly reduced, about 1 hour. Let stock cool slightly and discard thyme sprigs, then, working in batches or using an immersion blender, purée until smooth. Strain mixture through a cheesecloth-lined sieve; let cool completely. Chill stock up to 1 week or freeze up to 1 month.

✦ Fish Stock

MAKES 6 CUPS

For this all-purpose stock, a gentle simmer, rather than a boil, releases the flavor in collagen-rich fish bones without allowing them to cloud the water. Shrimp shells and almost any aromatic can also be added.

- 3 lb. fish bones and heads, such as snapper, sole, or halibut (avoid oily fish like mackerel), cut into 3" pieces
- 2 tbsp. whole black peppercorns
- 6 sprigs parsley
- 6 sprigs thyme
- 2 bay leaves
- 1 medium carrot, thinly sliced
- 1 medium leek, thinly sliced
- 1 medium yellow onion, thinly sliced
- 1 small fennel bulb, thinly sliced
- 1 cup dry white wine

Mix fish bones and heads, peppercorns, parsley, thyme, bay leaves, carrot, leek, onion, and fennel in an 8-qt. saucepan; cook, covered, over medium heat until vegetables are soft, 12–15 minutes. Add wine and 4 cups cold water; simmer 25–30 minutes. Let cool, covered, for 1 hour; strain. Chill stock up to 1 week or freeze up to 1 month.

Dessert

Shortbread Parfait

SERVES 6

At Local Ocean Seafoods in Newport, Oregon, a coastal feast is punctuated with this crumbly shortbread and berry parfait (pictured on page 68).

- 1 lb. strawberries, hulled and sliced
- 1¼ cups sugar
- 2½ tbsp. fresh lemon juice, plus 1 tbsp. zest
- 2 tbsp. vanilla extract
- 2½ cups flour
- ½ tsp. kosher salt
- 16 tbsp. unsalted butter, softened
- 3 egg yolks
- 1½ cups blueberries
- 1 small mango, peeled and chopped
- 2 cups heavy cream

1 Stir ½ cup strawberries, ¼ cup sugar, ½ tbsp. lemon juice, and 1 tsp. vanilla in a bowl and cover with plastic wrap; chill at least 6 hours or up to overnight.

2 Heat oven to 425°. Whisk flour and salt in a bowl; set aside. Using an electric hand mixer, beat ¾ cup sugar and remaining lemon juice, plus the zest, 1 tsp. vanilla, and the butter in a bowl until fluffy. Add yolks one at a time, beating well after each addition, and, with the motor running, slowly add flour mixture until dough forms. Divide dough into 6 balls and flatten into ¾" disks; transfer to a parchment paper-lined baking sheet. Bake until golden and slightly firm, 20–25 minutes; let cool completely.

3 Purée reserved strawberry mixture with ½ cup blueberries and half the mango in a blender into a smooth sauce. Whip remaining sugar, vanilla, and the cream in a bowl until stiff peaks form. Spoon ½ cup whipped cream into 6 bowls; crumble ½ cookie over each. Top with half of the remaining berries and mango, and drizzle with some of the fruit sauce. Repeat with remaining cream, cookies, fruit, and sauce.

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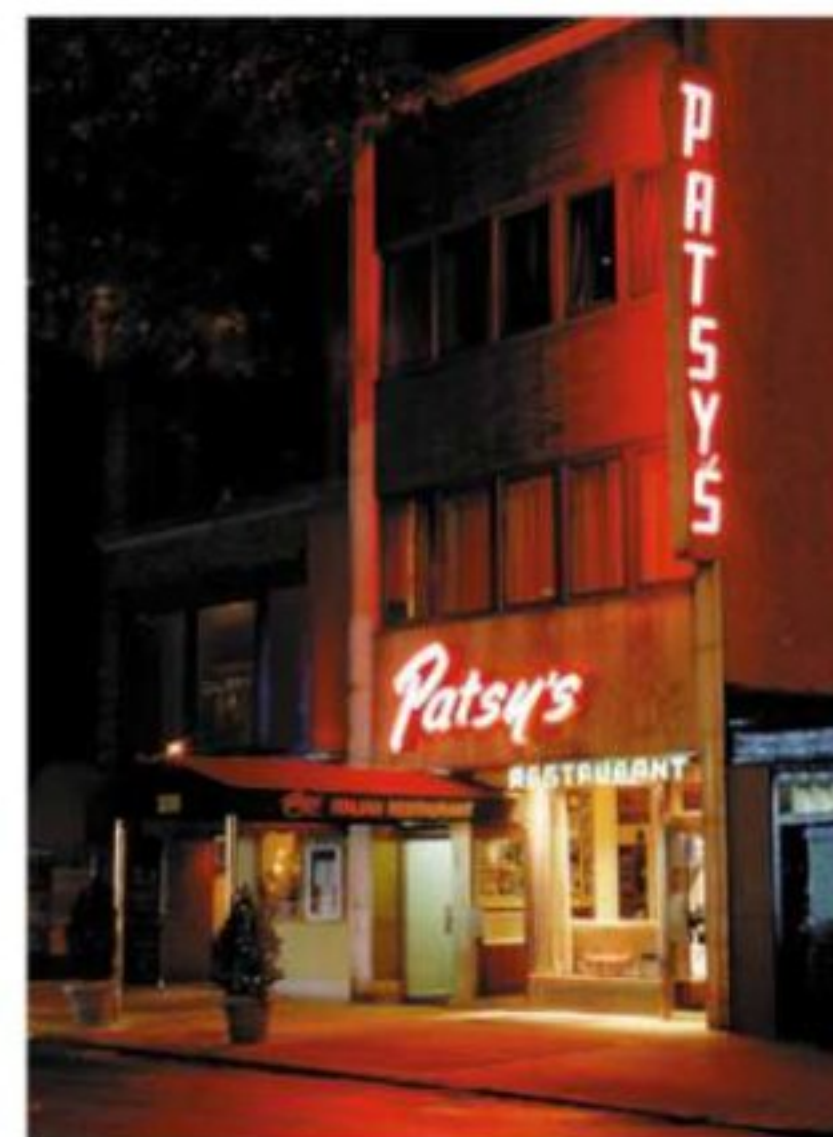
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The Pantry

A Guide to Resources

In producing the stories for this issue, we discovered ingredients and information too good to keep to ourselves. Please feel free to raid our pantry!

BY KELLIE EVANS

Fare

Snack on fish-shape foods; buy **fish-shape bread** from Breads Bakery (available by special order; 18 East 16th St., New York City; 212/633-2253; breadsbakery.com); **Goldfish crackers** from supermarkets everywhere (\$2 for a 7-oz. bag; kmart.com); **gummy clown fish and sand sharks** from Candy Warehouse (both \$19 for a 5-lb. bag; 310/343-4099; candywarehouse.com); **Cadbury chocolate fish** from Products from New Zealand (\$3 for a pack of 6; 866/485-1375; productsfromnz.com); **taiyaki** from Otafuku restaurant (\$3 per fish; 220 East Ninth St., New York City; 646/998-3438); **poisson d'avril** from Jacques Torres (\$11–\$18 depending on size; 718/875-1269; mrchocolate.com); **marzipan seafood** from Fortunato Brothers Italian Café & Patisserie (\$26 per lb.; 289 Manhattan Ave., Brooklyn, NY; 718/387-2281; fortunato brothers.com); **sardines en chocolat au lait** from Manufacture Cluizel (\$16 per tin; 646/415-9126; cluizel.us); and **Swedish Fish** from Old Time Candy (\$2 for a 3.5-oz. box; 440/355-4345; oldtimecandy.com). Make the Earthquake cocktail (see page 18) with **St. George absinthe verte**, available from Merwin Liquors (\$69 for a 750-ml. bottle; 877/563-7946; shopmerwins.com). Purchase Mishima's **Katsuo mirin furikake** from Marukai (\$4 for a 1.5-oz. bottle; marukaistore.com). Visit **O'Steen's Restaurant** (205 Anastasia Blvd., St. Augustine, FL; 904/829-6974; osteensrestaurant.com). Make the Minorcan clam chowder recipe (see page 22) using **datil chiles**—buy them fresh when traveling in St. Augustine, Florida, or purchase fresh, flash-frozen peppers from pepperproducts.com (\$12 a lb.; 904/284-8144). Cook from the pages of the **Grand Central Oyster Bar & Restaurant Cookbook** (Stewart, Tabori & Chang; 2013) available from abrams books.com (\$35; 212/206-7715).

Classic

Make the shrimp rémoulade recipes (see page 27)

using **Zatarain's Creole mustard**, available from Cajun Grocer (\$2 for a 5-oz. jar; 888/272-9347; cajungrocer.com), and visit louisianaseafood.com for a list of retailers that ship **gulf shrimp**.

Ingredient

Try some of our favorite sardines; buy Matiz Gallego **sardines with lemon** from latienda.com (\$15 for three 4-oz. tins); Angelo Parodi **Portuguese sardines in olive oil** (\$3 for a 4-oz. tin) and Da Morgada **Portuguese sardines in pure olive oil** from amazon.com (\$5 for a 4-oz. tin); Bela **sardines in tomato sauce** from plum market.com (\$3 for a 4-oz. tin); Les Mouettes d'Arvor **sardines in extra-virgin olive oil with green peppercorns** from cybercucina.com (\$8 for a 4-oz. tin); Angelo Parodi **Portuguese sardines (skinless and boneless in olive oil)** from worldmarket.com (\$4 for a 4-oz. tin); Crown Prince **brisling sardines in olive oil** from vita coast.com (\$3 for a 4-oz. tin); and King Oscar **brisling sardines in pure spring water** from netgrocer.com (\$4 for a 4-oz. tin).

At the Ends of the Earth

Seek out vintage **fish molds** on etsy.com or purchase a wide variety of stainless-steel, copper, or ceramic models on amazon.com.

Feast of the Isles

Sip some of Croatia's best wines; contact Vinum USA for a bottle of **Enjingi Graševina 2012** (\$13 for a 750-ml. bottle; 973/822-3434; vinumusa.com); and Blue Danube Wines for **Carić Bogdanjuša 2012** (\$17 for a 750-ml. bottle), **Coronica Malvasia 2012** (\$20 for a 750-ml. bottle), **BiBich R6 Riserva 2010** (\$20 for a 750-ml. bottle), **Suha Punta Tirada Babić 2009** (\$38 for a 750-ml. bottle), and **Miloš Plavac 2009** (\$27 for a 750-ml. bottle; 650/941-4699; bluedanube wine.com).

From Western Waters

Enjoy Oregon's craft beers; drink **Captain Sig's Northwestern**, available from rogue.com (\$7 for a 16-oz. bottle; 514/867-3660); **Full Sail Amber**, available from shop.brewforia.com (\$2 for a 12-oz. bottle); **Heater Allen Pils**, available from heaterallen.com (\$5 for a 20-oz. bottle; 503/472-4898); **Kiwanda Cream Ale** from yourlittlebeachtown.com/pelican (\$5 for a 22-oz. bottle; 503/965-7007); and The Commons'

Urban Farmhouse Ale from madeinoregon.com (\$10 for a 16-oz. bottle; 866/257-0938). Order locally smoked Oregon fish products (see page 66); contact Josephson's (800/772.3474; josephsons.com) for **hot smoked wine maple-smoked salmon** (\$38 per lb.) and **hot smoked original salmon jerky** in a variety of flavors (\$10 for a 3-oz. bag); and buy **smoked peppered salmon strips** (\$18 per lb.) and **Willapa Bay smoked oysters** (\$26 per lb.) from Bell Buoy of Seaside (800/529-2722; bellbuoyofseaside.com).

Recipes

Use **toasted carob powder** (800/349-3215; bobsredmill.com) to prepare the rosemary focaccia (see page 77). Make the scallop and leek terrine (see page 77) using **piment d'Espelette** (\$13 for a 3/4-oz. jar; 800/243-0852; surlatable.com). Buy **squid ink** (\$3 for four 0.14-oz. packs; 800/522-8427; markys.com) to prepare the black cuttlefish risotto (see page 81). Get the right fish tools; buy a **Winco fish spatula** from amazon.com (\$6); **Messermeister stainless-steel fish pliers** from casa.com (\$24; 855/687-2272); **Wüsthof 7" fish fillet knife** (\$99) or a **Wüsthof salmon slicing knife** (\$130; 800/650-9866) from cutleryandmore.com; and **Winco fish scaler** from Tiger Chef (\$2; 877/928-4437; tigerchef.com). Eat our favorite canned tuna; buy **Conser-vas Ortiz Bonito Del Norte olive-oil-packed tuna** in a jar (\$9 for an 8-oz. jar) or in a tin (\$7 for a 4-oz. tin), and **Flott solid light tuna in olive oil** (\$8 for three 3-oz. cans) on amazon.com; **Fishermen's Wharf North Pacific premium smoked albacore** on fishermenswharforegon.com (\$6 for an 8-oz. can; 541/888-8862); **NW Wild Products Pacific white albacore** on northwestwildproducts.com (\$72 for twelve 6-oz. cans; 503/791-1907); **Sustainable Seas' water-packed solid albacore tuna** with no salt added at online-store.sustainableseas.com (\$21 for six 5-oz. cans; 800/998-9946); **Wild Planet wild albacore tuna fillets** (\$6 for a 4-oz. can) and **365° chunk white albacore tuna in extra virgin olive oil with salt added** (\$3 for a 5-oz. can) from your local Whole Foods Market (visit wholefoods.com for a list of locations); **Skipanon albacore tuna** at skipanonbrand.com (\$30 for six 6-oz. cans; 503/861-8277); and **Buoy's Best select fancy solid packed smoked tuna** at bellbuoyofseaside.com (\$7 for an 8-oz. can; 800/529-2722).



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SAVEUR MENU

A GUIDE TO EVENTS, PROMOTIONS & PRODUCTS



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SAVEUR Holiday Social

On Monday, December 16, 2013, SAVEUR celebrated the holiday season with 10 leading chefs in an evening of inspiration for home cooks and entertainers, as well as culinary industry leaders.

Overlooking the East River at Riverpark in New York City, notable chefs and valued SAVEUR partners prepared internationally inspired recipes and festive cocktails for over 300 guests to enjoy, all while mingling with other chefs, sponsors, and friends of SAVEUR.

Recipes and drinks were elegantly served throughout the event. Each dish served was featured within the SAVEUR Holiday Social eBook; available on SAVEUR.com to download for entertaining ideas and seasonal flavor.

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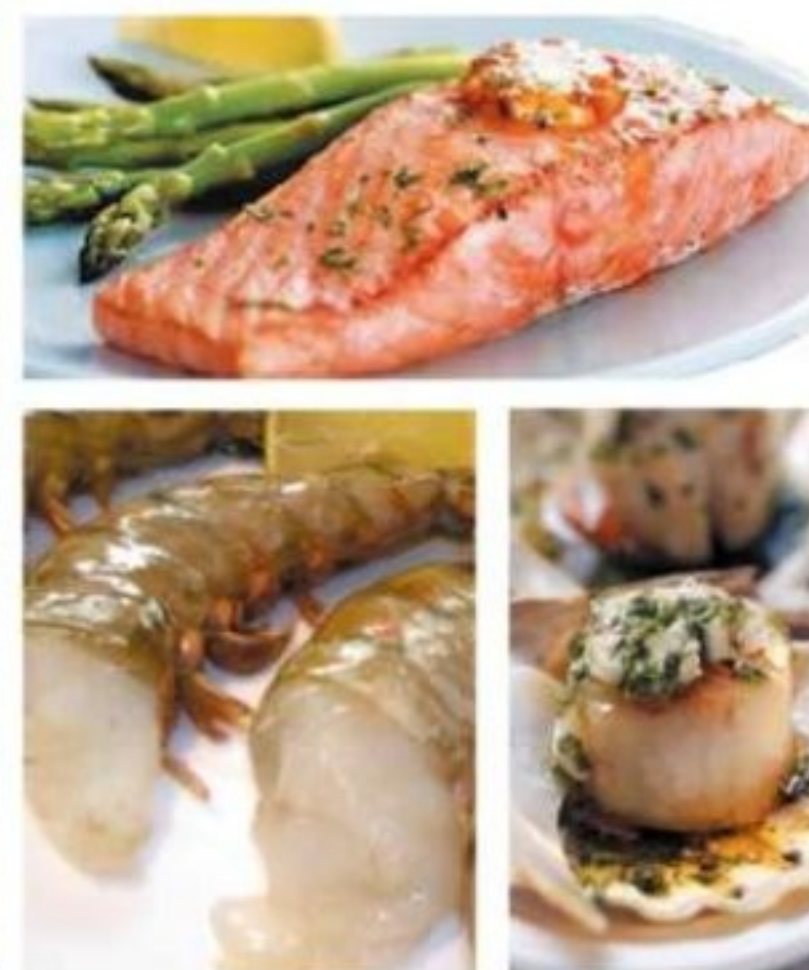
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Moment



DATE March 17, 2004

PLACE Andaman Sea, Mergui Archipelago, Myanmar

Wielding his spear, one of the few remaining fishermen of Myanmar's seafaring Moken tribe seems to defy gravity.

PHOTOGRAPH BY NICHOLAS REYNARD/NATIONAL GEOGRAPHIC/GETTY IMAGES

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